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« SEE PAGE 19

COHASSET MARINER

Jan. 31-Feb. 6, 2014

wickedlocalcohasset.com

Vol. 35, No. 6 \$2

WHAT'S INSIDE

POLITICS

'I'm not leaving the door closed'

Gomez
bows out of
campaigning,
for now

By Erin Dale
edale@wickedlocal.com

It's an unseasonably warm January morning in Cohasset that's still far colder than in Gabriel Gomez's native California. The 48-year-old is wearing a baseball cap and sweater, smiling as other locals come up and say hello to him at his table in the middle of French Memories. As small talk is exchanged, the subject of Gomez's close Senate race against Ed Markey doesn't come up.

It was half a year ago when Markey, a Democrat, bested the Republican Gomez in the race for the seat vacated by U.S. Secretary of State John Kerry. It was almost one year ago, in February, when Gomez announced that he would run; in April, he won the Republican primary with 51 percent of the vote, beating State Rep. Dan Winslow and former U.S. Attorney Michael Sullivan.

With no prior experience in politics, Gomez was the dark horse of the Senate



Gabriel Gomez poses outside of French Memories on a warm January morning. Gomez, a Republican and Cohasset resident narrowly lost the 2013 special Senate election to Democrat Ed Markey. PHOTO/ERIN DALE

race, taking 45 percent of the vote away from Markey on June 25.

Gomez hinted at the time that he might yet pursue a future in politics, however earlier this month, he took to Facebook to announce that he will not run for any statewide office this year.

"As the New Year begins and after much thought, I have decided not to seek elected office this fall," Gomez wrote to his supporters. "Instead, I'm excited to return to the private sector with the launch of a

new business venture alongside a few close friends."

Gomez said he is at peace with his decision. "Politicians usually say opting not to run for office was a hard decision to make. The truth is, this simply wasn't the case for me. I'm not a professional politician, and will never be a professional campaigner."

Gomez took time to elaborate on his future plans while reflecting on his whirlwind 2013, discussing what he would have done differently during the cam-

paign and his thoughts on Cohasset politics.

Entering the fray

Gomez, who was born in Los Angeles in 1965, grew up in bilingual household (his parents are from Colombia). He was raised primarily in Yakima, Washington, where he was a state champion in tennis; after graduation, he decided to join the military. Gomez shared that he wanted to join the Navy or be a pilot,

SEE GOMEZ, 4

UPDATE

Red Lion asks for noise bylaw

Wants town to allow outdoor weddings

By Erin Dale
edale@wickedlocal.com

Silence is golden, as the old adage says - but is total silence asking for too much?

Attorney Charles Humphreys thinks so, as far as neighbors abutting the Red Lion Inn are concerned. The Inn's attorney said that while the neighbors are "entitled to be free from unreasonable sound" but not "total silence."

Humphreys approached the

Board of Selectmen this week about adopting a noise ordinance in Cohasset in order to have something set in stone. Currently, the town does not have a noise bylaw. Humphreys made the suggestion in light of a recent noise complaint against the Inn, which the selectmen dismissed in early January.

The complaint stemmed from a Sept. 28 outdoor wedding ceremony. Michael Karp, who lives next door to the

Inn on South Main Street, took video of the wedding revelers applauding for approximately 13 seconds during the event.

The incident launched a debate during the Jan. 7 selectmen meeting on what constituted noise from entertainment. Humphreys at the time argued that clapping is not entertainment, and therefore could not be regulated by law.

The lawyer reiterated this

"A wedding is not entertainment. There is a distinct distinction between entertainment and background music."

Charles Humphreys, attorney for Red Lion Inn

argument during the Tuesday, Jan. 28 selectmen meeting, urging the selectmen to consider allowing the Inn to conduct outdoor wedding ceremonies with

SEE RED LION, 16

NEWS

Rail rides

Town joins effort to restore weekend service

By Erin Dale
edale@wickedlocal.com

Miss being able to hop on the train and go into Boston for the weekend?

It's been nearly 18 months since weekend and holiday MBTA service was discontinued. Cohasset is on board with bringing back weekend commuter rail service on the Greenbush and Plymouth/Kingston rail lines.

This week the town joined in a coalition along with several other South Shore towns to lobby the Mass. Department of Transportation (MassDOT) Board of Directors and state representatives to bring this service back.

Cohasset's new Town Manager, Chris Senior, was asked to join in this effort by a local retired Amtrak and MCR locomotive engineer, Richard Prone of Duxbury. In his letter to Senior, Prone explained that the MBTA "priced itself out of the market by doing away with family fares three years ago and charging for previously free weekend parking."

In addition to asking to restore weekend and holiday service, enabling South Shore families to enjoy Boston events such as First Night and the Fourth of July fireworks, Prone is also pushing for a late night train that would leave Boston around 11:30 p.m. "to enable riders to enjoy evening entertainment in the city."

The Cohasset Board of Selectmen immediately voiced their support for this initiative during their Tuesday, January 28 meeting.

Selectmen chair Fred Koed asked if anyone on the board would like to draft a letter, and selectman Steve Gaumer volunteered, with selectmen vice-chair Diane Kennedy

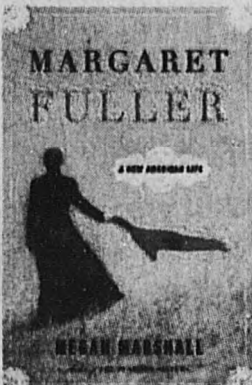
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NEW ARRIVAL

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AUTHOR TALKS

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LESSON ON WEATHER

COMING IN PRINT

NEWS

Planning Board update on medical marijuana.

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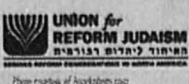
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PICTURE THIS



The Mariner caught up with Anya Gruber at French Memories. If you see Anya around town, be sure to mention that you saw her in Picture This! PHOTO/ERIN DALE

Anya Gruber

Name: Anya Gruber.

Occupation: Student.

Best day of your life: Getting accepted to Smith.

Best vacation: Israel.

Favorite season: Autumn.

Favorite holiday: Hanukkah.

Best TV show: "House-hunters International."

Best movie: "The Moonrise Kingdom."

Best book: "Catcher in the Rye," "A Wrinkle in Time," "Little Women," "The Da Vinci Code."

Favorite food: Frozen yogurt with chocolate chips and blackberries.

Best music, group, or artist: Hannah and Maggie; James Taylor; Suzanne Vega; The Decemberists; The Indigo Girls.

Pet peeve: When people eat apples in a quiet library. If I were President I would make that illegal.

Fun fact: I fly airplanes – my grandfather's a pilot.

Person you'd most like to meet: Shakespeare, Gloria Steinem and Anderson Cooper.

Goal: To write an article for The National Geographic.

Biggest worry: That I won't fulfill all of my requirements for the English major.

Best part of Cohasset: French Memories!

BRIEFLY

Open air burning season underway

The 2014 Open Air Burning Season closed on Thursday May 1. Residences must obtain a permit to burn during the season, and register their permit number each day they wish to burn when burning is being allowed.

This year the Cohasset Fire Department will be using a web based system for residences to obtain and register their burning permit for the season. Residences

can obtain their burning permit at the Town of Cohasset web site: cohasset-mass.org. Once they are on the web site they can click on the burn permit link: mk-tix.com/toco/burnpermit fill out the registration form and submit the \$10 fee for the permit via credit card. Once their payment has been received the system will generate a permit number for the residences to use for the en-

tire 2014 Open Air Burning Season. Residences with validate permit numbers wishing to burn during the season will need to check the Town of Cohasset web site www.cohassetmass.org and click on the status link: mk-tix.com/toco/status. This link will inform residences if burning is being allowed for the day and will allow residences to register their permit number for the day.

DON'T MISS THIS

Not too late to get your flu shot!

Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, you should get one now. A flu

vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications.

Cohasset Public Health Nurse, Mary Goodwin, still has vaccine available. Her

office hours are Monday, Wednesday and Thursday from 8:30 to 11 a.m. located in the Town Hall. No appointment necessary. Bring your health insurance cards. For more information call 781-383-2210 ext. 130.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JAN/FEB		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	30	10:17	11.0	10:54	9.9	3:56	-0.9	4:34	-1.8	6:58	4:54
Friday	31	11:11	11.2	11:46	10.2	4:50	-1.3	5:25	-2.0	6:57	4:56
Saturday	01			12:03	11.1	5:43	-1.5	6:15	-2.0	6:56	4:57
Sunday	02	12:36	10.4	12:56	10.9	6:35	-1.5	7:05	-1.8	6:55	4:58
Monday	03	1:27	10.3	1:48	10.4	7:28	-1.3	7:54	-1.3	6:54	5:00
Tuesday	04	2:17	10.1	2:41	9.8	8:21	-0.9	8:45	-0.7	6:53	5:01
Wednesday	05	3:09	9.8	3:36	9.1	9:16	-0.4	9:37	-0.1	6:52	5:02
Thursday	06	4:03	9.4	4:34	8.4	10:13	0.1	10:32	0.5	6:51	5:03

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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OUR PHOTOS

Check out our photos in color of meteorologist Joe Joyce's visit to the Osgood School.

HEALTH CARES

Joan F. Wright of the Norwell NVNA and Hospice writes about health care in her community blog.

Did you just hear those sirens? "Police & Fire Scanner"

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**TOP 5 STORIES
ONLINE**

- Field of Honor to return for eighth year.
- POLICE: Someone sleeping in home while homeowners away.
- POLICE: Erratic operator had trouble seeing in downpour.
- Parents pack Cohasset school budget hearing.
- Workstation to open near Greenbush train stop.

BRIEFLY

**Mariner drop
box at Tedeschi's**

The Cohasset Mariner has a "drop box" and pickup location at Tedeschi's in the village. The drop box is on the counter in the front window around the corner after you enter the front door.

The Mariner picks up at 8 a.m. on Mondays and Tuesdays. The drop box can be used to drop off glossy photographs, letters, flyers or other editorial copy.

**Shoveling
around hydrants**

Residents are being asked to assist the Cohasset Fire Department when the snow flies by shoveling out their neighborhood hydrant. The clearing of snow from hydrants will greatly assist the fire department in finding and using the hydrants in the event of a fire.



New Town Manager Chris Senior is sworn in by Town Clerk Carol St. Pierre. PHOTO/ERIN DALE

UPDATE

New town manager Chris Senior sworn in

By Erin Dale
edale@wickedlocal.com

Cohasset's new Town Manager, Chris Senior, who started the job on Jan. 13, was sworn in by Town Clerk Carol St. Pierre at the start of Tuesday night's Board of Selectmen meeting.

Senior raised his right hand and was asked to solemnly swear to perform the duties of the town manger position.

Senior most recently worked as deputy town su-

pervisor in North Hempstead, N.Y.

Tuesday, Jan. 28 marked his first Board of Selectmen meeting in Cohasset. During his first three weeks on the job, Senior has attended several meetings of the Advisory Committee, School Committee, and various other town boards.

During the meeting, Senior gave his first town manager update. The new town manager thanked the employees, officials and citizens of Cohasset for wel-

coming him into town.

"I've met with folks across the spectrum, from the staff to the schools, historical society, housing authority, police and fire," said Senior. "It's a wonderful cross section of people."

Senior told the selectmen that he plans to start submitting a written report to them on a regular basis, "to keep you up to speed on where I'm going and what I'm doing."

POLICE BEAT

Two storm-related accidents last week

By Mary Ford
mford@wickedlocal.com

2-car accident

At 5:22 p.m. on Tuesday (Jan. 21) in snowy conditions, police responded to a two-car accident on Forest Avenue at the traffic lights. A 2005 Kia Sorento, operated by a 37-year-old Hull woman, had stopped at the red light facing lower King Street when rear-ended by a 2013 Lexus GS350, operated by a 50-year-old Cohasset man that had slid in the snow. There were no injuries, neither vehicle was towed, and no one was cited because the accident was due to poor road conditions, police said.

Single-car crash

A 6:17 p.m. on Tuesday (Jan. 21) in snowy conditions police said a 1998 Ford Explorer, operated by a 35-year-old Scituate man, slid off S. Main Street just past the Beechwood Street intersection heading toward Scituate and into a tree. The driver and his 26-year-old passenger, a man from Pembroke, were not injured by the Explorer was towed. No citation was issued, police said.

Fall

Police and fire responded to a report of a 22-year-old

man from Walpole who works for a contractor out of Quincy that was doing work at a local car dealership off Route 3A and fell off a ladder. Police said the worker slipped off a 6-foot ladder while doing work on the trim on the building by the gutters. The man reported when he twisted his ankle, he heard a snap. He was transported to the hospital. OSHA was contacted and asked that a report and photographs of the incident be sent to them. The incident occurred around 12:48 p.m. on Monday (Jan. 20).

Solicitors

Police received a call about solicitors on Gammons Road on Monday (Jan. 20) at 1:46 p.m. Further investigation revealed the group that included three men and one woman were soliciting for a religious organization and therefore did not need a permit from the police department.

Surfer

Police checked on the welfare of a 35-year-old man from Townsend, Mass., who was surfing off Black Rock Beach on Wednesday (Jan. 22) around 4:14 p.m. after the snowstorm. Police had had calls concerned about the man's safety but he was fine and had come to Cohasset to surf.

Email hacked

Police advised a 47-year-old Cohasset woman to

change her Google email account and passwords last week after she reported she believed someone had hacked her account remotely and was sending emails to her financial advisor. She was also advised to monitor her finances.

Mirage

Police annually receive calls about a possible fire off in the distance on the water and had one such call last week. They notified the Coast Guard just to be sure but the fire turned out to be a reflection off a tanker. The call came in around 7 p.m. on Wednesday (Jan. 22).

Checks taken

Police are investigating the possible theft of several checks from a local business in town. The missing checks were discovered during an audit at the business and were written to a 25-year-old Hull woman for a total amount of \$1237. The matter was reported to police on Thursday afternoon (Jan. 23).

Winter parking ban is in effect

Winter parking regulations are in effect through April 1.

No overnight on-street parking between the hours of 2 a.m. and 6 a.m. is allowed during winter parking regulations.

Violators are subject to a fine of \$25.

BRIEFLY

Road races get the OK

Three races are on their way to Cohasset this year, as approved by the Board of Selectmen.

The selectmen voted during their Tuesday, Jan. 28 meeting to approve the Cape Cod Getaway MS Bike Ride on June 28 and 29, the Cohasset Kid's Triathlon on July 12, and the McCourt Foundation Tour de South Shore on October 4.

The kids triathlon, which will be a smaller version of the Cohasset Triathlon geared toward the 5 to 13-year-old set, was approved unanimously, with the selectmen asking the race organizers to clarify the final route with the Fair Oaks neighborhood, where they hope to hold the run and bike portions of the event. The swim will take place at the Cohasset Swim Trust.

The other two races were approved 4-1, with Selectman Martha Gjestebj voting against.

Senior Center building permit

The Social Service League of Cohasset has announced that the Town of Cohasset has issued a building permit for the new Cohasset Senior Center project. The new state-of-the-art center, located at 91 Sohier St., will be an 8,000-square-foot facility and home to Cohasset Elder Affairs.

The Social Service League has hired Integrated Builders of Rockland, Mass. as construction managers for the project. Work to prepare the site has currently commenced and the project will break ground in February.

For more information or to become involved, email Marita Carpenter at marita.carpenter@gmail.com or by visiting: sslcohasset.org/senior-center.

New member on hist. commission

The Cohasset Historical Commission gained a new member this week.

Jim Morrison, Beechwood Street, volunteered to serve on the commission following the recent passing of his wife, Marilyn, who served

on the board.

The Board of Selectmen voted unanimously Tuesday to appoint Morrison to the commission. Selectman Martha Gjestebj said she knew Marilyn well. "She was a dedicated person."

Morrison said that his wife lived in Cohasset all her life, and that he "learned a lot from her in respect to genealogy and the history of Cohasset." Morrison said that Marilyn was dedicated to Cohasset and preserving its "historical heritage."

By joining the commission, said Morrison, "I hope to help to further her dedication to this town."

Gjestebj noted that the commission is still seeking members. Those who are interested should send a letter to the Board of Selectmen's office in Town Hall (41 Highland Ave.) or email Tracey Connors at tconnors@cohassetma.org.

Prom Committee members sought

The Cohasset High School Class of 2014 Prom Committee, chaired by Ellen Maher and Diane Benson, welcomes and encourages interested family members of high school students to participate in the planning and execution of pre-prom and

after-prom activities for the May 30 event. Please contact Ellen Maher (ellenmaher63@comcast.net) and Diane Benson (dnben@comcast.net) to express interest in joining the Committee.

PSO to host Read-a-thon

Cohasset PSO will sponsor a Read-a-thon Fundraiser at the Osgood and Deer Hill schools. The Joseph Osgood School is at 210 Sohier St., Cohasset, and Deer Hill School is at 208 Sohier St. The Read-a-thon will take place from Friday, Feb. 7, through Sunday, March 2.

The Read-a-thon encourages students to read, while raising money for the Cohasset PSO. These funds will be put toward curriculum enrichment programs and teacher grants that support each of the schools.

The PSO is a nonprofit organization comprised of all parents of Cohasset public school students. The goal of the PSO is to maximize student's educational experience. They do this by funding programs and projects that enrich the curriculum. In addition, they coordinate volunteer efforts and facilitate special events that connect the entire school com-

munity and improve the experience for students. The PSO voices parental responses to school issues, and provides forums for administrators, teachers and students to present their programs and policies to the public. Through fundraising efforts, like the upcoming Read-a-thon, the PSO provides programs and activities that enrich the school experience for students, teachers and parents. Families, teachers, and all members of the community are invited to sponsor an Osgood or Deer Hill student.

For more information, call Mary Henry at 781-383-2416 or email maryhenry9@gmail.com.

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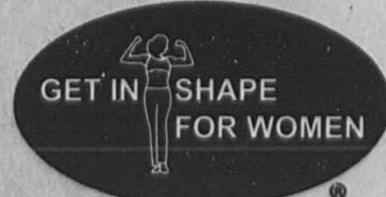
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GOMEZ

Continued from 1

and while he made it through flight school training, he ended up becoming a Navy SEAL.

Gomez met his wife, Sarah, in the West Indies, where she was working as a Peace Corps volunteer. The couple married and moved to the Boston area after Gomez was accepted to Harvard Business School, where he earned his MBA; Sarah earned a master's in Special Education from Boston University.

The couple settled in Cohasset in 2001 and have raised their four children — 14-year-old Olivia, 12-year-old Zander, 11-year-old Antonia, and 9-year-old Max — in their 100-year-old home on Highland Avenue.

Gomez said that he loves living in Cohasset, listing several things he loves about the town, from French Memories to 5 South Main, Mr. Dooley's ("When you walk in, it's just like Cheers, and everyone knows your name") and Pat's Barber, where he takes his kids for haircuts. His kids are also actively involved in local sports teams, including Little League, which Gomez has coached.

"I couldn't think of a better place to raise a family," he said.

An avid runner who races in the Boston Marathon and the Cohasset Triathlon every year, Gomez said he enjoys running through town on an almost-daily basis. "You can't pick a more beautiful

place to run — the scenery is unbelievable."

Gomez worked in a private equity firm in Boston that invested in private companies, "helping them grow and be successful." One of these success stories is the women's athletic apparel brand, lululemon. Gomez said his firm recruited a Cohasseter, Bob Meers, as the company's first CEO.

But the former Navy SEAL felt a yearning to serve his country once more, and decided to make a run for it — into politics.

"I had been thinking of it for a while," Gomez said of running for office, adding that he knew it was a long shot. "It's not an easy thing for a complete unknown to jump into. I had no experience in statewide politics."

Gomez thought he had enough experience in the private sector and the military to give it a go. When he first announced his campaign, "Nobody knew who I was," he recalled.

Gomez hit the ground running, working seven days a week "just getting my name out there." He blanketed the state, from Boston to the Berkshires, visiting towns he had previously never stepped foot in.

"I met so many people in parts of the state that I had never been to before," Gomez shared. But when it comes down to it, he added, "People want the same things — the same access to good schools and health-care, to make sure their streets are safe, and to have the opportunity to work if they want to work."

Overall, he called the experience "a blast," saying with a smile, "It's the most fun I ever had."

His kids had a great time too, Gomez added, explaining that they got their friends involved, many of whom attended his victory party at the Red Lion Inn on the night of the primary.

To this day, when he's out with his family, "Wherever we go, people come up to us, and a lot of them are Democrats, saying that the candidacy inspired them."

It was his appeal to Republicans and Democrats alike that helped Gomez secure such a large margin on the vote in Mass., a predominantly Democratic state. Gomez is not afraid to criticize both sides, "calling them out" when either one is "playing crazy games."

His somewhat liberal stances on issues such as same sex marriage, immigration and gun control have critics calling him a "RINO" (Republican in Name Only). During the campaign, Gomez supported expanded background checks for gun purchases but was against an assault weapons ban. He reversed that position in a September op-ed for The Boston Globe.

After his op-ed was published, Gomez recalled that "98 percent of the comments on [my] Facebook were negative," but he has held his ground. "I understand the Second Amendment, but there has got to be gun laws we can come up with that are common sense. Does everybody need the right to buy an AK-47?"



Then senate candidate Gabriel Gomez talks with the media in front of the Cohasset American Legion post after he ran there from the VFW Hall in Scituate while campaigning last June. STAFF PHOTOS/ROBIN CHAN

It's one thing Gomez wishes he could change about his campaign; that, and spending more time canvassing urban areas, encouraging folks to get out and vote. "It takes time to build that trust," he said.

Gomez said that he harbors no ill will for Markey. "I hope he does well, and I wish him well."

In fact, the two were spotted together during a December charity event for homeless children in Boston, Christmas in the City. Gomez said that there were over 5,000 children in the Boston Convention Center during the event, visiting with Santa and receiving gifts "in a winter wonderland for the day."

Future plans

Gomez is poised to launch a new company with some of his former colleagues over the next few months. For now, he is mum on the details.

Overall, the Cohasset resident has been focusing on family, continuing to coach sports teams and striving "to be the best parent I can be."

Gomez is also involved in the Boston Children's Hospital non-profit, Milagro Para Ninos, which helps Latino children.

Yet another one of his goals, even as a private citizen, is working to help expand the Republican party in the Commonwealth, noting that less than 11 percent of the state's registered Republicans turn out to vote.

He also hopes to see more Republicans run for office.

"I wish better people would rise up and run," he said. "I don't think the best people run. Politics scares off too many people... The machine you have to run against is a very effective, well-oiled machine. And often, the best people don't win."

And while he plans to remain active in the Republican Party, Gomez reiterates his bipartisan views. "It's not about the party — it's about putting the right people in [office]," he said.

The former Navy SEAL hopes that includes more military veterans — particularly in Washington, D.C. Gomez thinks politicians could learn a thing or two from veterans who have served in places like Iraq and Afghanistan, and "help change the culture" in Washington.

"It's way worse [in the Middle East] than what's going on in D.C., in terms of people not working together."

Gomez added that he believes veterans "are more inclined to put people before the party."

As president of the Navy SEAL Foundation of New England, Gomez is also committed to helping veterans and those on active duty. He also stressed the importance of having local veterans' services officers.

"A lot of men and women get out of the service and don't get a lot of guidance on counseling and how to transition," said Gomez, adding that he's glad Cohasset has a veterans' service officer, Vincent Fountaine, who works with Keith

Jermyn, the VSO of Hingham. "I hear he's very accessible."

Local politics

And while Gomez may be staying away from state and national politics — for now — he is keeping an eye on how things are run in Cohasset.

Gomez has been vocal in his support of former Acting Town Manager Michael Milanoski, stating that he felt Milanoski should have been hired to helm Cohasset permanently.

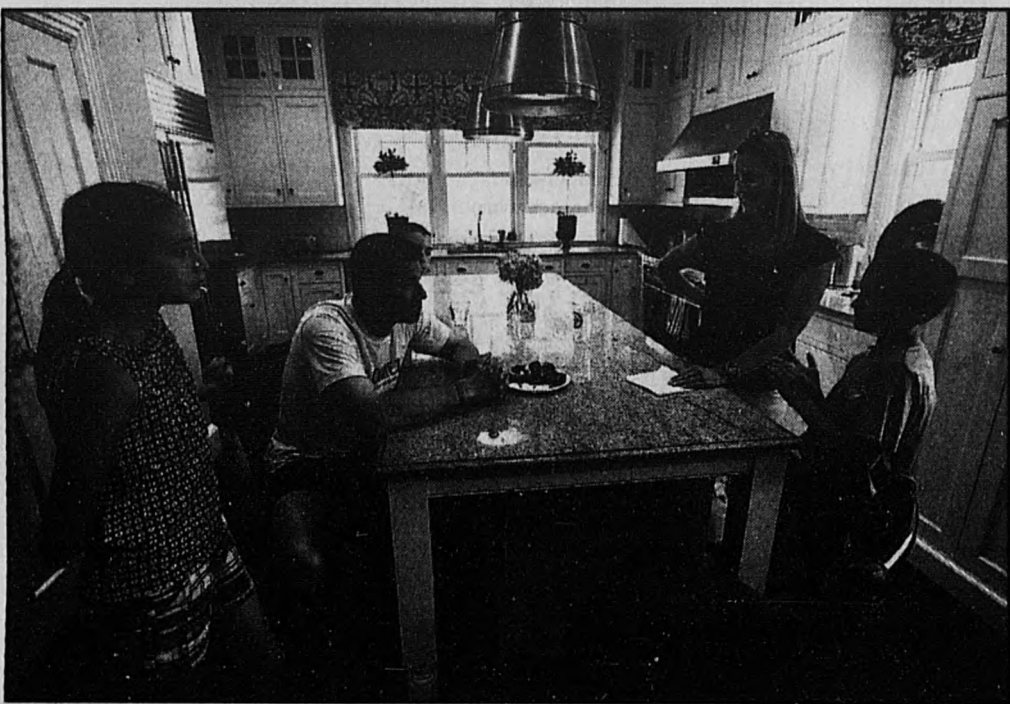
The former town manager, said Gomez, "got this town into phenomenal shape given what he came into. The new town manager is fortunate to inherit it."

Gomez also supported Acting Police Chief William Quigley when Milanoski appointed him as the town's permanent Police Chief; the appointment was rejected by the Board of Selectmen. Gomez hopes this spring's Town Election will lead to an overhaul on the board.

"The majority of the Board of Selectmen represents a small minority in this town," said Gomez. "With the election coming up, I hope some great people will pull papers in the next few weeks so we can put in people who represent the town better."

While a campaign is off the table for 2014, would Gomez consider running for office locally — or on a larger scale — ever again? The answer, for now, is never say never.

Said Gomez, "I'm not going to leave the door closed."



Then US Senate candidate Gabriel Gomez listens to his son, Max, while they spend some family time in their kitchen in between a campaign event in Cohasset and in Boston. His daughter Antonia, Zander, and wife Sarah listen in.

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HISTORY

Plans for 'John Smith Day' underway

Cohasset approaches 1614 landing anniversary

By Erin Dale
edale@wickedlocal.com

This year marks the 400th anniversary of when Captain John Smith sailed into Cohasset Harbor, and various citizens and committee members are gearing up to celebrate this historic event.

A Border Street pavilion that was built in 1914 recognizes the event, with a plaque explaining how John Smith first saw Cohasset – then called Quonahassit – during his 1614 exploration of the New England coast. Wayne Sawchuk of the Sewer Commission approached the Community Preservation Committee about restoring the pavilion and repairing its roof.

But the town's plaque on the John Smith visit makes one glaring omission – mention of the native inhabitants who had a confrontation with Smith when he landed on their shores.

Howie Altholtz, a Cohasset attorney, attended the December 2013 CPC meeting that discussed restoring the pavilion, and volunteered to lead the initiative to give some recognition to Cohasset's original residents.

Altholtz believes there needs to be balance between acknowledging both Smith and the natives. "We're going to fill in some gaps and expand our knowledge," he said in a phone call on Wednesday. "I see it as a great opportunity to recognize and respect the original residents."

Altholtz attended Tuesday's Board of Selectmen meeting and shared that he has spoken to a number of folks around town about joining in the research and planning to find a way to honor the natives. He reported that Superintendent of Schools Barbara Cataldo is onboard, as is High School principal Carolyn Connolly, with the idea that Cohasset students could do research and projects as the anniversary approaches.

Another person who has agreed to help is John Peters, executive director of the Mass. Division of Indian Affairs, a state agency that works with communities on projects like this. Altholtz said that there may be an opportunity for monies to fund a new plaque or memorial.

If Cohasset finds a way to honor its original residents, said Altholtz, "It will be a good model for other [communities] in the long run. I think we're onto something."

The Cohasset Historical Commission has been discussing the John Smith landing as the anniversary approaches. While he sailed into the harbor during the summer of 1614, the town's celebration will take place in September 2014, presumably when most residents are back from summer vacations.

Becky Bates-McArthur of the Historical Commission pitched Saturday, Sept. 13, 2014 as "John Smith Day" to the selectmen, and the board voted unanimously to approve it.

"We want it to be a town-wide activity," said Bates-McArthur.

BRIEFLY

Meet author Ted Reinstein

Award-winning reporter for "Chronicle," Ted Reinstein, will give a talk about his book "New England Notebook: One Reporter, Six States, Uncommon Stories" at 7 p.m. Thursday, March 27, at the Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Free. All are welcome.

For more information call the library at 781-383-1348 or visit www.cohassetlibrary.org.

The Chamber of Commerce would be involved with planning the "Cohasset Day" celebration with a John Smith theme, she explained. If any renovations are done to the pavilion, it would be dedicated that day.

The Historical Commission would also like to have some-

one from the Coast Guard in town that day, boat races, and also possibly a reenactment of Captain Smith's landing. The board would also like to see students get involved with essays and plays.

There could even be a parade, said Bates-McArthur. "People have suggested cele-

brating with a parade, dance or get-together."

Since there are a lot of possibilities, the Historical Commission has decided to form a subcommittee to plan the event. Altholtz said he was interested to join, and selectmen chair Fred Koed thanked him for volunteering.

Selectmen vice-chair Diane Kennedy said that the plans sound exciting, and added that the Historical Commission should connect with the Cohasset Cultural Council to apply for a grant that would help fund the celebration.

Selectman Martha Gjest-

by, who is the board's liaison to the Historical Commission and the Historical Society, said that she could also be involved, adding that the Society "should have an exhibit" on the landing.

Look for more on this in an upcoming edition of the Mariner.

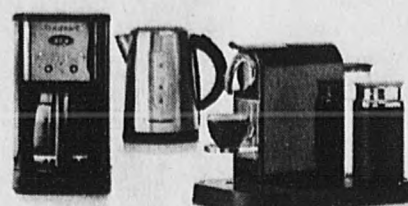
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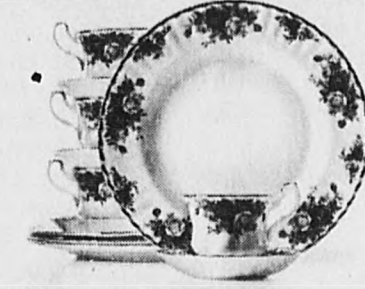
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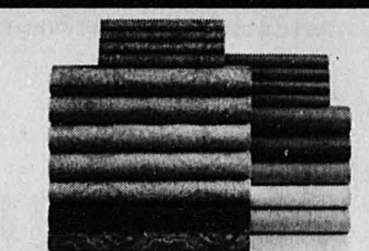
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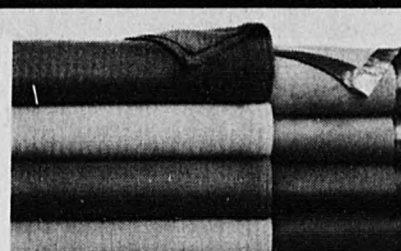
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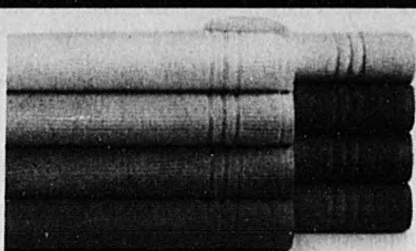
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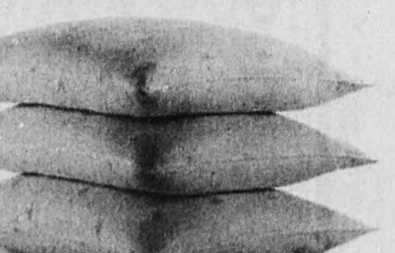
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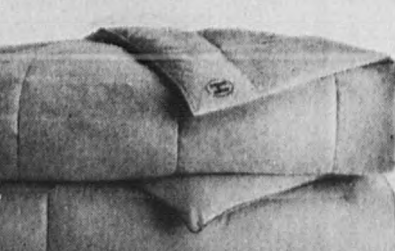
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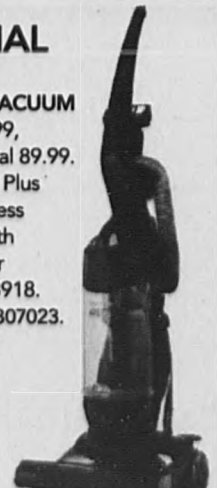


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AROUND TOWN

Chitticks welcome new grandson



JENNIFER PIEPENBRINK

New grandson

Samuel Lawrence Patton was born on Dec. 21, 2013, to Chloe (Chittick) and Andrew Patton, who live at 1952 West Farragut Ave., Chicago, Ill.

Sam joins his big brother, Caleb; the Patton boys will come to Cohasset in the summer to visit their grandparents, Woody and JoAnne Chittick, and play with their cousins Aydin and Eren Tiriyaki.

BC High

Congratulations to Tucker Antico and William Gildea of Cohasset, juniors at Boston College High School, who were among the 143 seniors and juniors inducted into the Robert J. Fulton, S.J. Chapter of the National Honor Society at an evening ceremony Jan. 15 at Boston College High School's Fahy-Hunter Commons.

Curry College

Hats off to two Cohasset students at Curry College, Noah Pescatore and Katherine Sullivan, who have been named to the dean's list for the fall 2013 semester.

To qualify for the dean's list, students must earn a 3.30 G.P.A., have no incompletes, and have no grade lower than a "C" for the semester. Full-time students must carry 12 or more graded credits for the semester.

Georgetown

Congratulations are being sent out to Matt Gregory, who was awarded First Honors at Georgetown University's School of Foreign Service



Samuel Lawrence Patton, who was born on Dec. 21, 2013, will visit Cohasset this summer. COURTESY PHOTO

where he is studying International Politics and Arabic. First Honors is awarded to students achieving a 3.9 or higher GPA. Matt has worked so hard and his family could not be prouder! Awesome news, Matt.

Roger Williams

The Mariner is happy to learn that Cohasset residents Samantha Bobo, majoring in legal studies and Kelsey Rochleau, majoring in marketing, are among those to be named to the Roger Williams University dean's list for the fall 2013 semester.

Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

UNH

Hats off to the following students who have been named to the Dean's List at the University of New Hampshire for the fall semester of the 2013-2014 academic year:

- Amy Costa of Cohasset earned High Honors
- Nicole Hajjar of Cohasset earned High Honors
- Amy Meikleham of Cohasset earned Highest Honors

• Kayla Orner of Cohasset earned High Honors

Students named to the Dean's List at the University of New Hampshire have earned recognition through their superior scholastic performance. Highest Honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 5 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

LIFE AT CHS

Gearing up for report cards



MATTHEW MACCORMACK

With the 2013-2014 school year rolling into its second semester, the activity level at CHS has experienced a slight up tick. As the second half begins, the majority of CHS switched up their courses and has prepared to dive into new curriculums and concepts. With many students referring to their schedules and attending all new classes, this midpoint week was almost like a rebirth of the first week of school back in September. The handing out of syllabi and course overview sheets seemed to usher in the new reality; let the second half of the school year begin!

The vast population of CHS who filled their schedules with five semester long courses had this week to adjust to a new set of teachers and classrooms. However, for the CHS upperclassmen whose schedules are checked with yearlong AP courses, the excitement was subdued. In many AP courses,

we are entering the "grind mode", where teachers shift upwards on that proverbial stick shift and start preparing their pupils for the springtime AP exams.

Meanwhile, the end of the term can mean only one thing for CHSers; report cards! For seniors, this is the last report card that will be looked at significantly by colleges, so that certainly brings a measure of relief. However, for CHS's younger statesmen, there is a whole half of a year to get "back on track", and a whole new semester for that clichéd "new start" that is sometimes necessary. Certainly, I wish luck to all of CHS in that regard.

Last Friday's Mardi Gras Semi-Formal proved to be a great time for many students. After a long semester, it was great to be able to just let go and dance for a few hours on a Friday night. The homemade photo booth turned out to be a hit, and Semi was a great way to kick off the long weekend.

Beyond dancing and schoolwork, CHS is beginning to gear up for several

activities on the horizon. The Spinnaker staff continues to work on compiling their newest issue, which is slated to release on Valentine's Day. Student Council has mobilized in a quest to create a Valentine Candy Gram sale as well as the annual Dodgeball Tournament, which should arrive in the coming weeks. Students interested in Mr. Skipper, the annual male beauty pageant that occurs in March, met for the first time at lunch this Thursday.

Finally, Thursday saw the first auditions for Cabaret, which this year will be held at the Red Lion Inn on February 6th. Be sure to come out and support CHS's best musicians and singers in what always is a great evening.

That should just about do it for this week everyone. Thanks for reading, and remember to keep it classy Cohasset!

Matthew McCormack is a senior at Cohasset High and a regular Cohasset Mariner columnist.

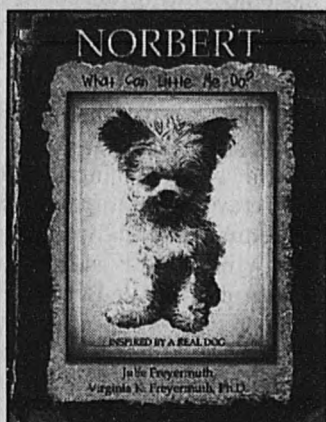
DON'T MISS THIS

Meet Norbert at Buttonwood Saturday

Meet Norbert, Julie and Virginia at Buttonwood Books and Toys, 747 Chief Justice Cushing Hwy., Route 3A, Cohasset, from 2 to 4 p.m., on Saturday, Feb. 1. Norbert is a 3 pound, certified Pet Partners Therapy dog and the inspiration for a new children's book, "Norbert: What Can Little Me

Do?," a story about a little dog who learns to believe in himself. Julie and Virginia Freyermuth are the mother-daughter creative team who wrote and illustrated the book.

Call Buttonwood at 781-383-2665 for more information.



Norbert is a 3 pound, certified Pet Partners Therapy dog and the inspiration for a new children's book. COURTESY PHOTO

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SUNDAY AUTHOR TALKS

Biography features female activist from early 1800s

By Marylou Lawrence
Special to the Mariner

As the struggle for democracy continues to unfold in uneven strides throughout the world, it is heartening to hear women's voices demanding equal rights and to see recent photos of women in Tunisia rejoicing over the passage of a Constitution that enables their full participation in the government of their country.

This struggle for equality resonates with the next speaker of Sunday AuthorTalks, Megan Marshall, who will talk about Margaret Fuller, one of America's earliest woman activists. Fuller's own writings changed how women thought and lived and dreamed, and her accomplishments shook up the white male establishment as they exposed the social inequities and injustices of the early 19th century, especially for women and blacks. Mrs. Marshall will speak about her recent biography, "Margaret Fuller: A New American Life," on Feb. 9 at 4 p.m. at the Paul Pratt Memorial Library.

Megan Marshall is a professor of literature and writing at Emerson College. Her first book, "The Peabody Sisters: Three Women Who Ignited American Romanticism," brought her instant recognition as a Pulitzer Prize finalist and winner of the Massachusetts Book Award, among several other honors. Likewise, her work on Margaret Fuller has enjoyed wide acclaim in major publications such as "The New Yorker," "The New Republic," several reviews in the "New York Times" and the "Boston Globe." Her stirring portrayal of Margaret Fuller — gifted scholar, writer, and activist for social reform — captures a character, time, and culture almost impossible to imagine. Fuller was brilliant, ambitious to a fault, and out of place and time. Kate Tuttle, in the "Boston Globe," said Marshall's Margaret Fuller was "flawed, human, and magnificent."

Born in 1810 when America was still in its infancy, Fuller grew up in Cambridge, became intimate friends with Ralph Waldo Emerson, Henry



Megan Marshall will speak about her recent biography, "Margaret Fuller: A New American Life," on Feb. 9 at 4 p.m. at the Paul Pratt Memorial Library. COURTESY PHOTO

David Thoreau, and others of the Harvard class of '29; she edited Emerson's "The Dial," where she was able to give voice to her own reformist ideas. Her writing caught the eye of Horace Greeley, who hired her on as a columnist for the "New York Tribune," where she spent endless hours visiting prisons, asylums, and orphanages, and exposing their abuses.

Recognizing her exceptional mind and writing gifts, Greeley sent her off to cover the revolutions in Europe as the first American woman foreign war correspondent. In Italy, finally, after many years of suffering unrequited love, Fuller discovered the pleasure and excitement of passion, but as she brought her new husband and toddler home across the Atlantic, her ship was wrecked just 300 yards off the coast of Fire Island. She and

her family perished and all of her Italian journals were lost. Margaret Fuller was 40 years old when she died — at the prime of her intellectual life and her influence on human rights. In her quest to shape a model society in the 19th century, Fuller continues to add insight to the political and social debates that engage us today.

For further conversation with Professor Marshall, a wine and cheese reception will follow her talk; But-tonwood Books will provide copies of her book for purchase and signing. Admission is free but come early to be sure of a seat. For more information, visit Cohassetlibrary.org or call the library at 781-383-1348.

Sunday AuthorTalks is sponsored by Dean and Hamilton Realtors, The Cook Estate, and A Taste for Wine and Spirits.

MARK YOUR CALENDAR

Polar Plunge for Special Olympics!

By Taffy Nothnagle
Special to the Mariner

March Madness starts early, on Saturday, Feb. 22 this year. It's the 16th Polar Plunge for Special Olympics Massachusetts. If you're looking for a "bucket-list" event to actually take part in, or to go watch and cheer for the Plungers, this is it. There's a costume parade at 11:15 a.m., followed by the mad dash of the 600-plus brave people into the cold surf at noon at the Mary Jeannette Murray Bath-house on Nantasket Beach. They'll be out, drying off, by 12:02 p.m.

Last year, some 1,100 plungers dove into the Atlantic Ocean, over half at Nantasket. They raised more than \$400,000 for SOMA (8 percent of the annual budget). Unlike most organizations, we don't charge our athletes or their families to participate, so these funds are vitally important in providing year-round training and 130 competitions in 24 sports for our 13,000 athletes statewide. Our athletes range in age from 2 (Young Athletes Program) to 101 (yes, our centenarian still competes).

In addition to sports training and competition, these donations support Special Olympics International's worldwide Healthy Athletes Program, founded here in Massachusetts in 1994, providing free screening in medical and dental issues for our 4.3 million athletes. Of the hundreds of athletes screened in 2013, many were referred for treatment. In 2011, one was sent directly to the hospi-

tal after finding he'd recently had a heart attack (he's now alive and competing). Our joint-ventures with UMass Medical School and Regis College train medical students, residents, nurses and doctors in working with people with Intellectual Disabilities, which will lead to quality healthcare for a host of others with ID in the future.

Our Unified Sports Program, also started in Massachusetts, pairs SOMA athletes with volunteers who are teammates during the competitions, and remain friends afterwards.

Jay Nothnagle, plunging for his 14th time, is a 15-sport athlete, and captain of the South Shore Mariners Team, which will include Cohasset plungers: Connie Afshar, Alyssa Campbell, Kit Coffey, Doug and Geoff Chamberlain, Jessie MacDonald, Steve Myers, Jeff Nothnagle (past Board Chair), Pat Plante, Graham, Nick and Charlotte Sida, and Doug Yeager, plus many from other South Shore towns. The funds they raise come back to our local South Shore Mariners program, which has 100 athletes ages 6 to 74 from seven area towns.

So come on down to Nantasket Beach on Saturday, Feb. 22, and please support our athletes with a pledge. You can do this by mailing a check to your favorite plunger (payable to Special Olympics), or online at: [SpecialOlympics-MA.org/sponsorPlunger], our secure site.

We'd also love to have you plunge with us — you can register at that same site.

BRIEFLY

'Do the Math' to be shown Feb. 9

"Do the Math," a documentary about how the continuing use of fossil fuels eventually will make the Earth inhospitable to all that walk on it, will be shown at 3 p.m., on Sunday, Feb. 9, at Glastonbury Abbey, 16 Hull St., Hingham.

This program, which will in-

clude a discussion period and refreshments following the film, is being presented by 350MA, South Shore, an organization dedicated to the eradication of fossil fuels and the promotion of sustainable fuels, through education, legislation and activism.



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DRAMA

Keeping it 'Brief'

Ten-minute play festival at Town Hall Theatre

By Erin Dale
edale@wickedlocal.com

Director Lisa Rafferty said that one of her best actors in the upcoming show, "Briefs," doesn't have any lines – at all.

"One of the characters named 'Robert' is described as 'age 25 to 40, deceased,'" said Rafferty. "I recruited someone who, in his theatrical debut, is deceased right at the very beginning."

Believe it or not, the 10-minute play Rafferty is directing is a comedy. And in re-

"BRIEFS"

A Weekend Festival of Ten-Minute Plays

February 7th and 8th

Cohasset Town Hall Theater
Tickets: 617-922-0280

hearsals so far, the Scituate resident said, "He is catapulting over the rest of the cast in terms of what he's bringing to the table," adding

with a grin, "He's already off-book."

Seven different casts have been rehearsing for the seven 10-minute plays, which were chosen from playwrights around the area. The 10-minute play has become a popular version of one acts, Rafferty and fellow Cohasset Dramatic Club (CDC) director Lisa Pratt explained.

"The 10-minute play format is prevalent in the playwriting and theater world. There's a lot of efficiency," said Rafferty.

Pratt explained that Rafferty has produced short plays with Scituate High School students, and thought the format would work well in Cohasset, "during the winter time slot" when there is a bit of a lull in the theater season.

"There's a block of time in the winter where not much seems to happen in the auditorium," Pratt said of the Town Hall Theatre. "We thought it would fun to do something new for the community with a short play festival."

Rafferty belongs to a national playwriting group from which the CDC sifted through 80 submissions of 10-minute plays; eventually these were

whittled down to the seven that will be performed at the Town Hall Theatre next Friday and Saturday (see sidebar).

"We had a consensus on these seven; we thought they were a great blend and balance of writing style, both comedic and dramatic," said Rafferty.

Why seven? Too many more would mess with the format.

"The running joke is, we want to keep everything brief," Rafferty explained, with Pratt adding, "We want it to be a light evening."

The evening's first Act will show four 10-minute plays, with Act II showing three. Beverages and light refreshments will be served before the show starts and during intermission. The CDC had a two-day liquor license approved during the Tuesday night Board of Selectmen meeting, allowing alcoholic beverages to be served at the tables, which will be set up bistro-style for the event.

It's a different kind of event for the Town Hall Theatre.

"We've never done anything like this before," said Pratt.

Both veteran players and newcomers alike will take the stage next week. Rafferty said that audience members should be prepared to laugh, and get ready for a twist at the end of the plays.

"It is almost a convention of the 10-minute play format that there's a surprise of some sort," she said. "That's what makes them interesting."

"It holds your attention," Pratt said of the 10-minute plays. Even better? "It doesn't hold your attention for too long."

If you go: "Briefs: A Festival of 10-Minute Plays."

What: The Cohasset Dramatic Clubs presents its second production of its 92nd Season, "Briefs," a collection of seven 10-minute plays.

When: Friday, Feb. 7 and Saturday, Feb. 8 at 7:30 p.m.

Where: The historic Cohasset Town Hall Theatre, 41 Highland Avenue on Cohasset Common.

What's it about? "Briefs" is composed of seven short, 10-minute plays from some of our country's pre-eminent, award-winning playwrights. Seven directors have been chosen from the Boston area to helm each of the short pieces.

Wine and dine: Seating will be cabaret-style with beverages, along with sweet and savory snacks included in the price of your ticket. Everything is served to you at your table.

Cost: \$15 per ticket.

Tickets: Tickets are available by calling 617-922-0280 or purchasing online at www.brownpapertickets.com/event/557410

Meet the directors, casts, and their plays:

"Albert Einstein's Brain" by Ron Burch
Director: Jonathan Markella
Cast: Ken Carberry and Kim Teves

"All The Answers" by Mark Cornell
Director: Bill Stiles
Cast: Madison Pratt and Scott Stevenson

"Epiphany" by David MacGregor
Director: Barbara Baumgarten
Cast: Pam Curren and Ken Carberry

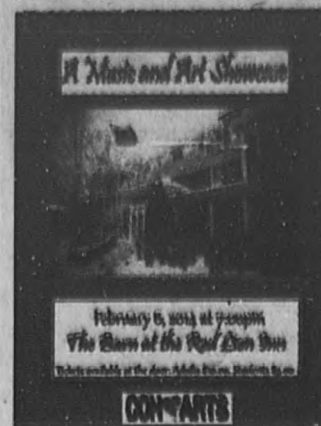
"Kung-Foolery" by Brett Hursey
Director: Tim Hayes
Cast: Bonnie Gardner, Dan Toomey, and Janine Vlassakis

"Misfortune" by Mark Harvey Levine
Director: Victoria Kirichok-Pratt
Cast: Tony Light, Janine Vlassakis, and Sharon White

"Objective" by Peter M. Floyd
Director: Lisa Rafferty
Cast: Zela Avradopoulos, Bob DeLorenzo, Allison Porter, and Bill Stiles

"The Stand-In" by Brett Hursey
Director: Lisa Pratt
Cast: Meghan Considine, Tony Light, and Brendan Smith

SAVE THE DATE



GHS Cabaret

The Cohasset Arts Boosters and the Red Lion Inn present the Annual Cohasset High School Cabaret: A Music and Art Showcase.

Join CHS performers on Thursday, Feb. 6 at 7 p.m. for a night of music and art in the Barn at the Red Lion Inn.

Ticket prices are to be announced. Look for more on this in an upcoming edition of the Mariner.

Valentine's Day Tea

Join the Cohasset Elder Affairs' for its annual Valentine's Day Tea at noon, Wednesday, Feb. 12, at the Second Congregational Church, 43 Highland Avenue, Cohasset.

Refreshments will include finger foods and dessert. Entertainment will be provided by the Swing Fever Trio who will delight with "Swingin' the American Songbook" and the jazz stylings of Gershwin, Porter, Rodgers and Hammerstein, and more.

Call 781-383-9112 no later than Feb. 7, to make your reservations, and to schedule transportation.

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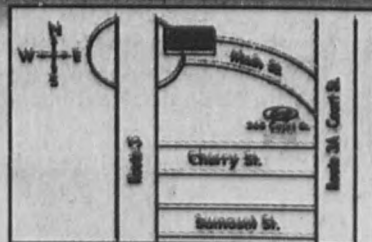
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GIMME SHELTER

Milo is a storybook Prince Charming

PAULA J. FETERSIK

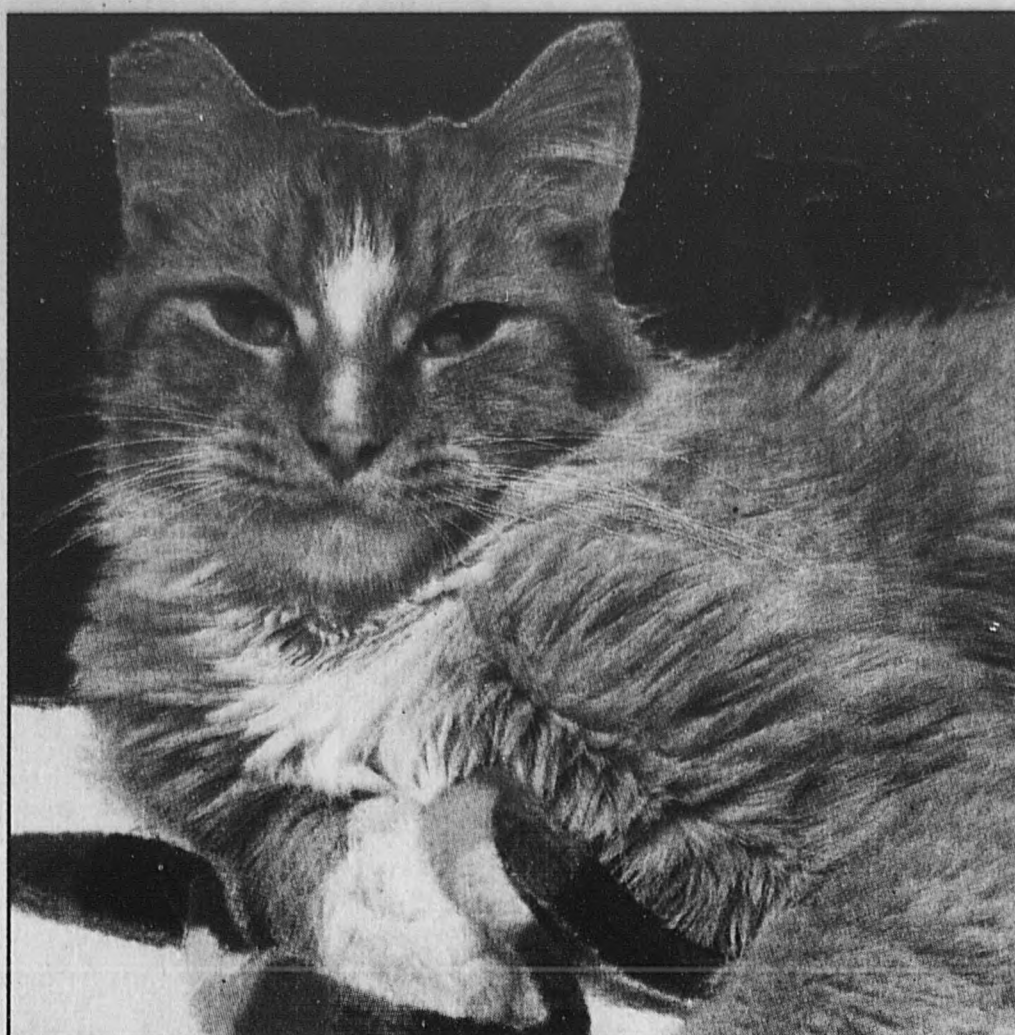
Sometimes it is just love at first sight! It isn't the looks as much as the whole package, and oh my goodness, Milo has it all! This fabulous young guy came to us after being left outside, abandoned, and lucky for him, he was rescued and is one happy and thankful boy. Winter is a tough time for pets and we need to be so careful about their safety. The freezing temperatures are more than a little dangerous now.

Well, when first meeting Milo, you will see that he is simply a storybook Prince Charming. As soon as you walk into the room, he will quickly come right over to investigate and seek out your attention and love. Once Milo has you reeled in, it is on to petting and then playtime! Wand toys, strings, anything that moves are target for his enjoyment. There is a lot that he has missed and it is easy to see he wants to get back to the good life...And his purr? Oh my, so quickly it comes and reveals his happy personality.

Milo's fur is a combination of orange and white long hair that he likes to have brushed gently. He is grooming himself a lot in preparation for making the best impression. His face is so handsome and coltish with a striking blaze of white going up to his forehead. His bib and paws also sport the white fur that creates a beautiful contrast against his copper orange body. Sparkling green eyes peer out at you and there is even a hint of a smile on his sweet face! There is a little tip of his ear that has been lost to frostbite, but that just makes Milo that much more special, and this four-year-old deserves the best forever home ever. No more cold winter nights. Lots of love and affection. Everything good is what we hope for for Milo. He's a keeper.

Please call Judy, Adoption Coordinator, at 781-534-4902 for more information on our sweet Milo. He has had a tough few months and is a happy and loving little guy. What a survivor! Being in a caring, loving, forever home will be the perfect ending for this super little guy.

****New Open Hours** have been added on Thursdays from 11 a.m. to 12 noon! If this fits your schedule please come in. We are located at 50 L St. Our standard Open Hours are Monday evenings from 6:30 to 7:30 and Saturdays from 2-3 p.m. You can see more of our wonderful adult cats and kittens who are waiting for their best match and home by visiting www.HSAR.org and clicking on Available Pets. On Petfinder.com you will see more photos and information. Just enter our zip code, 02045. Please check out [Facebook](#) page as well for updates and photos.



Milo came to HSAR after being left outside, abandoned, and lucky for him, he was rescued and is one happy and thankful boy. COURTESY PHOTO

Milo's fur is a combination of orange and white long hair that he likes to have brushed gently. He is grooming himself a lot in preparation for making the best impression.

To all of our supporters and volunteers who braved the storm last week and came to the Dining for a Cause benefit at *The Ninety 99 Nine* in Hingham, we are so grateful for your help. It was a tough night to be out but we were able to raise some funds for the shelter. *The Ninety 99 Nine* has graciously offered us the possibility of another date in March so we will keep everyone posted on that! Fundraising is an ongoing effort to keep our shelter running and we are thrilled to have the support of many businesses in our neighboring communities. Again, out thanks to Girl Scout Troop 88078 and their leader Mary Savage-Dunham for their effort and concern for our felines.

The shelter is looking cozy and warm with some new soft fleece throws and hand knit pet mats. We really cannot thank everyone enough for the generous and thoughtful donations that are coming in. It is great to have these items since we are seeing another little litter of kittens right now. If you are thinking of adding a new little baby to your family please check with us as we seem to be taking kittens in year round. Please consider spay and neuter for your adult cats to help prevent the unwanted litters who are too often abandoned. We will be posting a new date for the ARL Spay Waggin soon.

Happy Superbowl XLVI-II weekend! We welcome your recyclable bottles and cans! Our team may not be there, but it is still a time of

football celebration so if you would like to donate to the shelter, please use our bins at 50 L St., A St. Liquors and Nantasket Hardware, and thank you!

To all of our volunteers, thank you always for the time and dedication you give to all of the kittens and

cats here at Hull Seaside
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Paula J Fatersik is a volunteer and feature writer for Hull Seaside Animal Rescue and can be reached at pjfatersik@gmail.com.

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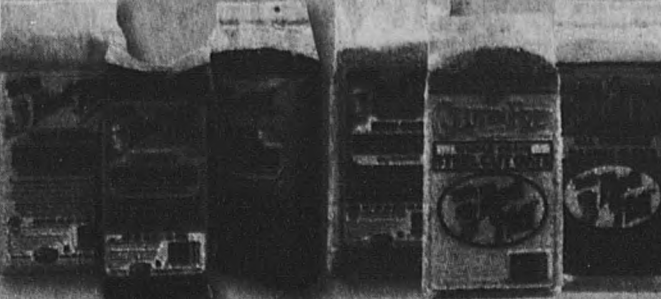
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Comp. \$20

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Adult's Snow Shoes Set
includes 2 poles and carry bag
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-20 F Windshield Washer Fluid
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48" Extender Snowbrush
Our reg. \$8
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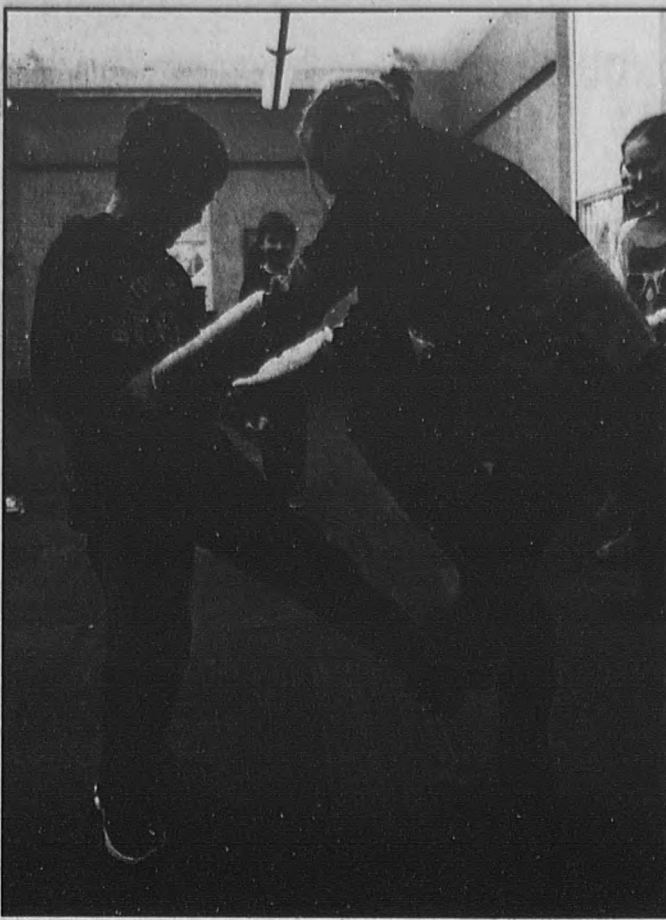
18" Poly Snow Shovel
Steel wearstrip for extended blade life.
Our reg. \$13
\$11

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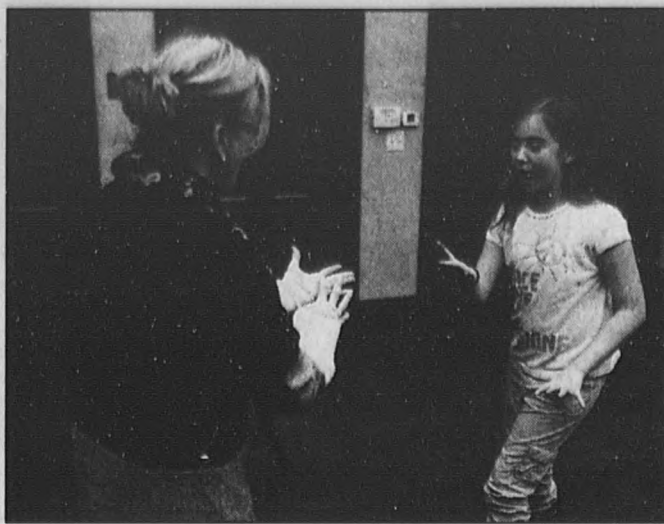
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Ben Novelline, 9, kicks instructor Denise Laiosa in the shins to get a stranger away from him.

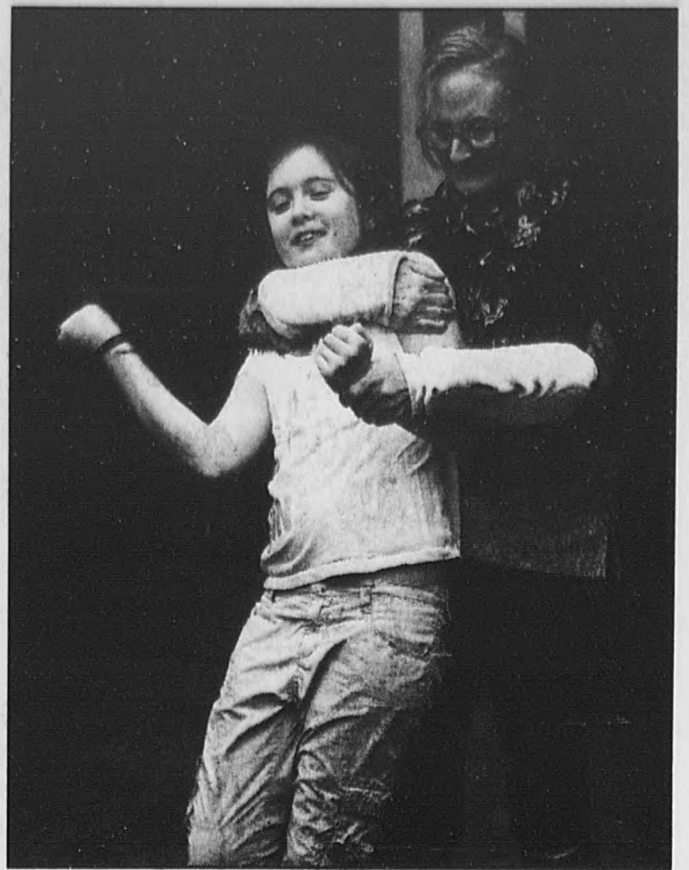


Amanda Kahn, 9, uses her voice to draw attention to the attacker approaching her.

Safety first

Kids who ever find themselves "home alone" need not be scared. Those who attended the "Home Alone: Stay Safe" workshop, offered at the Paul Pratt Memorial Library, learned first aid, self-defense and other safety mechanisms. The three-hour session, geared toward 9 to 12-year-olds, was conducted by instructor Denise Laiosa of South Shore Safety and was sponsored by the Cohasset Recreation Department.

Staff photos by Robin Chan



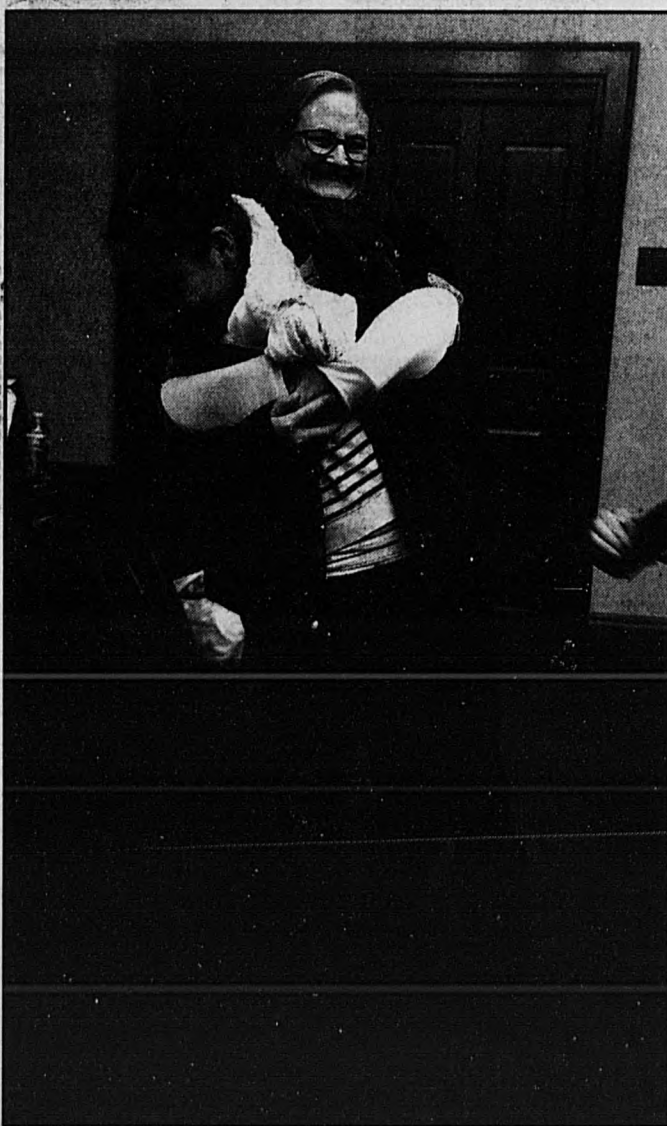
Amanda Kahn, 12, of Cohasset tries to get out of the hold of instructor Denise Laiosa of South Shore Safety who was running a class called Home Alone: Staying Safe, through the Cohasset Recreation department at the library on a recent Saturday. The three-hour session was geared for children aged, 9-12, and it covered first aid and self defense.



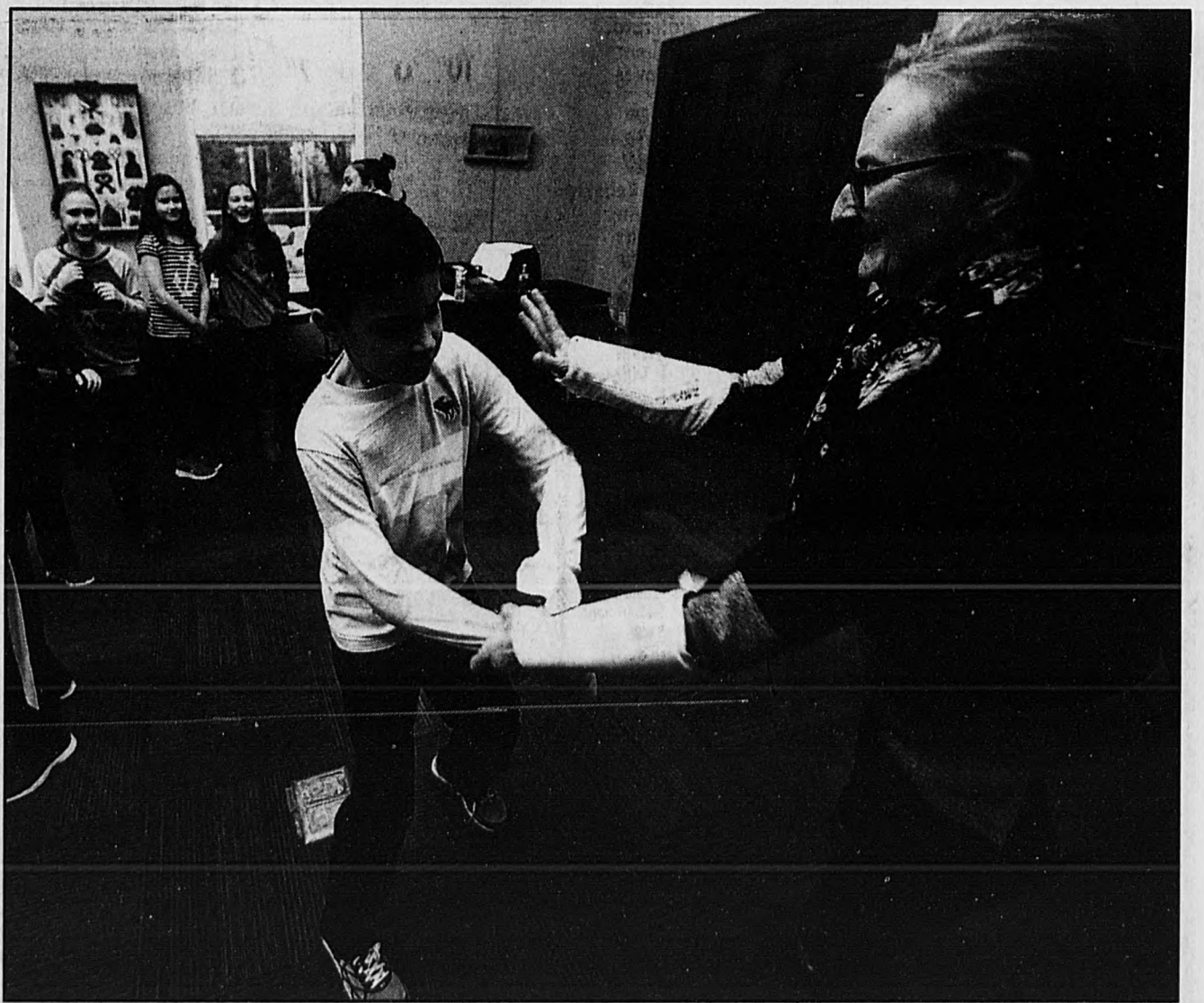
Helen Kahn, 9, tries to punch Denise Laiosa on the wrists during her safety class on a recent Saturday.



Bernie Mulcahy, 11, holds his hands up while trying to ward off a stranger, instructor Denise Laiosa.



Meg Schwartz, 11, tries to kick instructor Denise Laiosa in the shins to get out of her hold while taking a safety class at the library on a recent Saturday.



Jake Squatrito, 9, strikes instructor Denise Laiosa on the wrist to get out of her hold.

HOLLY HILL

Full Moon Stroll is Feb. 14

Holly Hill Farm is located at 236 Jerusalem Road. To pre-register for events call 781-383-6565. For directions and more information, visit www.hollyhillfarm.org.

Full Moon Stroll at Holly Hill Farm - Friday, Feb. 14 at 6 p.m. Take a stroll on the paths of Holly Hill Farm by the light of the full moon. There is much to see and hear, as we head out on a well-lit trail to note the winter stirrings. Dress for the weather and meet at the main barn at 6 p.m. Enjoy a cup of hot cocoa after the walk. This event is free and all ages are welcome. This event is scheduled with a clear night in mind. If the sky is solid clouds, the event will be rescheduled for another clear full moonlit night.

February Vacation Exploration - for children ages 5 to 8 years old from 9 a.m. to noon on Tuesday, Wednesday, Thursday, Feb. 18, 19, 20. Are the kids tired of being inside? Treat your children to an action packed three mornings on the farm. Explore the woods, help the farmers with composting, interact with the farm animals and dig in the greenhouse. There are many fascinating discoveries on the farm in winter. This drop-off program is for children ages 5-8 years old. Space is limited, please pre-register. Cost: \$90 for FHHF members, \$140 for non-members.

Summer camp - It's time to sign up for summer camp. Holly Hill Farm of-

fers fun farming, gardening, and nature exploration programs for children ages 3 - 18 from June 9 through Aug. 15. Other programs include cooking using farm-grown produce, art on the farm, designing and building small items such as bird and bat houses, and "Drama on the Farm" where campers will create and present their own play on the farm. There are exciting opportunities for teens to grow food to sell at the Cohasset farmers market, and a free community service program for older teens to grow and harvest produce to be donated to Father Bill's Place in Quincy. It is guaranteed your children will come home dirty and happy.

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COHASSET SEPAC

'Basic Rights in Special Education'

Cohasset SEPAC is pleased to host "Basic Rights in Special Education" presented by Marjorie Walsh of the Federation for Children with Special Needs. The meeting will be held at the Paul Pratt Library, Cohasset on Tuesday, Feb. 4th at 7 to 8:30 p.m. There will be open discussion following the presentation.

The Basic Rights workshop provides families with an introduction and an update to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA) and Massachusetts Special Education Law. Also, it is designed to help parents learn to be effective partners with their child's school to decide their child's eligibility for special education and to plan, to make decisions and to monitor their child's progress in school.

Walsh will help answer critical questions: What are

"Not only is this presentation an excellent way for parents new to special education to learn valuable information, it will also benefit education professionals and advisors."

Helene Childs, Cohasset SEPAC Co-Chair

my child's educational rights? What is FAPE? What is the process for evaluation and qualification for your child to receive an Individual Education Plan / 504?

"Not only is this presentation an excellent way for parents new to special education to learn valuable information, it will also benefit education professionals and advisors," says Helene Childs, Cohasset SEPAC Co-Chair.

Walsh has a degree in Special Education/Elementary Education. She has over 10 years of experience as a Special Education Advocate. Marjorie is highly respected in the education community and has helped

many families with children of varying disabilities. She is trained by the Federation for Children with Special Needs and has taught many Parent Workshops through the FCSN. In addition, Marjorie completed the SEAT Project for further advocacy training. Marjorie is also the parent of two grown, college educated children who required Special Needs services throughout their school days.

The presentation is free and open to all. Light refreshments will be served. For more information on Cohasset SEPAC and other South Shore presentations, visit our website at: CohassetSEPAC.org.

COHASSET REC

SAT prep courses begin next week in Cohasset

Cohasset Recreation Department is once again offering S.A.T. English and Math Prep courses to help students learn valuable test taking strategies for both English and/or Math S.A.T. exams. Courses are open to 11th/12th graders, both are held at the Recreation Center. Cost is \$150 for each course.

The eight-week English S.A.T. Prep course will help students learn valuable test taking strategies. Students will be able to: Organize thoughts to produce a 3-5 paragraph essay in under 25 minutes, Interpret short and long reading passages and effectively answer critical reading questions, Strengthen their vocabulary, identify sentence errors, Learn composition strategies to effectively answer improving sentences and paragraph multiple choice questions.

"This past fall, I worked with an amazing group of young men and women from Cohasset High School. The first couple of classes focused on a general



overview of the SATs and students were able to discover their strengths and weaknesses," says Instructor, Kristina Teebag, English teacher at Marshfield High School, formerly at Archbishop Williams. "I was able to modify and plan each class to adapt to their needs."

The S.A.T. Math Course will cover 10.5 hours over 7 sessions. The course will cover the makeup of the test, techniques on how to score higher by not doing all the problems, when to guess or skip the problem, and how many problems a student can leave blank and still get a 600.

"This SAT Prep Program is the best deal on the South Shore," says Princeton Review Certified Instructor Bob Beatty, current teacher at Archbishop Williams High School and retired Sc-

ituate High School math teacher. "To get almost individual one-on-one help from proven SAT teachers is a big plus. Students have the opportunity to score up to 100 points more from knowing just how the test works."

Topics of all the Algebra, Geometry, and Algebra 2 will also be covered as well as discussing the new sections of the test, which include functions, sets and sequences. All materials will be supplied.

Schedule: SAT Math Review held Mondays Feb. 3-March 31. 6:45-8:15 p.m. English SAT English Review held Tuesdays, Feb. 4-April 1. 6:30-8 p.m.

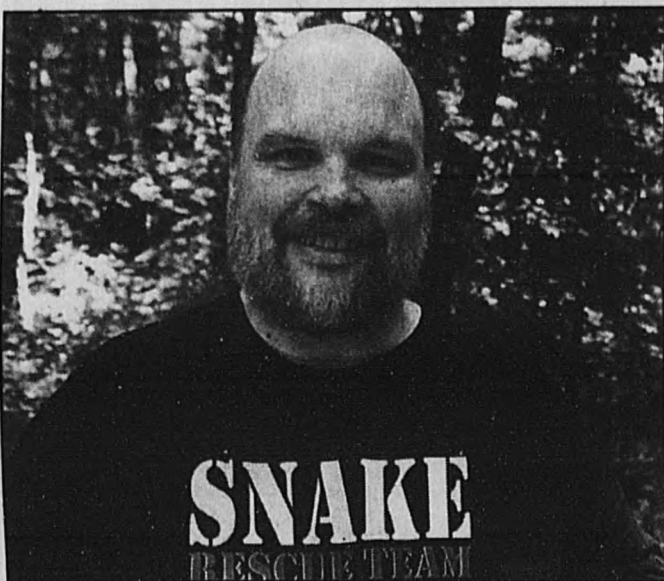
Register on-line at cohassetrec.com or in person at Cohasset Town Hall, Recreation Office.

CSCR TO PRESENT

Free seminar: Exploring Vernal Pools

The Center for Student Coastal Research will host its third free educational seminar titled Beside Still Waters: Exploring Vernal Pools. The program will take place from 7 to 8 p.m., on Wednesday, Feb. 5, at CSCR headquarters, 40 Parker Ave., Cohasset.

Jonathan E. Twining, assistant professor of biology at Eastern Nazarene College in Quincy, will lead the presentation and discussion. Twining teaches ecology and environmental science, and his passion and research focus on the ecology and conservation of vernal pool habitats. He has been engaged in the greater community for more than a decade, partnering ENC students with organizations like Wildlands Trust of Southeastern Massachusetts, Massachusetts



Jonathan E. Twining will lead the discussion. COURTESY PHOTO

Audubon and Department of Conservation and Recreation. Together with his students, Twining has certified more than 40 vernal pools

on the South Shore.

For more information and to register for this free public event, visit www.cscr.org.

Return your Town Census forms

The following was provided by the Town Clerk's office:

The 2014 Annual Town Census forms have been mailed to every household in Cohasset. This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31, 2014. Dog forms need to be returned as soon as possible with a current rabies certificate.

Compliance with this State requirement provides

proof of residency, street listings, veteran's bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form, does not register you as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is primarily used to update the voting list, statistics on children are taken for the school committee, providing it with data on current enrollment as well as present and future school population. NOTE: The school committee uses the annual

census information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported and all dates of birth are accurate.

Any member of the family in the military service, away at college or confined to a rest home whose legal residence is the same as your own should be included on this form.

If you did not receive a Census form, or if you have any questions about it, call the Town Clerk's office at 781 383-4100 x106.



Readers Choice

Ballot Board

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SO GET OUT AND VOTE!

Vote locally. Write in your choice of the **BEST** in your area for the categories below. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. You must vote in at least 10 categories for your votes to be counted.

Ballots must be received by Wednesday, February 12, 2014 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a specially bound keepsake edition the week of June 23rd.

Vote online at www.wickedlocalfavorites.com and receive a **FREE "Merchandise for Sale" AD in CommunityClassifieds**



WICKED LOCAL

Local Shopping

Business/Place Name

Town

- 1 Men's Clothing Store _____
- 2 Women's Clothing Store _____
- 3 Children's Clothing _____
- 4 Optical Shop _____
- 5 Shoe Store _____
- 6 Bookstore _____
- 7 Photography _____
- 8 Frame Store _____
- 9 Gift Shop _____
- 10 Jewelry Store _____
- 11 Florist _____
- 12 Sporting Goods Store _____
- 13 Toy Store _____
- 14 Pharmacy _____
- 15 Liquor Store _____
- 16 Furniture Store _____
- 17 Carpet/Flooring Store _____
- 18 Appliance Store _____
- 19 Home Decorating Store _____
- 20 Hardware/Home Improvement Store _____
- 21 Garden Store/Nursery _____
- 22 Antique/Vintage Store _____
- 23 Consignment Shop _____

Local Services

- 24 Hair Salon _____
- 25 Day Spa or Massage _____
- 26 Manicure/Pedicure _____
- 27 Tanning Salon _____
- 28 Tattoo Parlor _____
- 29 Health Club/Yoga Studio _____
- 30 Weight Loss Center _____
- 31 Doctor/Primary Care Physician or Pediatrician _____
- 32 Dentist or Dental Office _____
- 33 Chiropractor _____
- 34 Daycare/Preschool _____
- 35 Dry Cleaner/Tailor _____
- 36 Auto Service/Repair _____
- 37 Community Bank _____
- 38 Insurance Agency _____
- 39 Dance/Gymnastics School _____
- 40 Retirement Living Residence _____
- 41 Pet Services _____

Local Flavor

Business/Place Name

Town

- 42 Bagel Shop _____
- 43 Restaurant For Breakfast _____
- 44 Restaurant For Lunch _____
- 45 Restaurant For Dinner _____
- 46 Fine Dining Restaurant _____
- 47 Italian Restaurant _____
- 48 Pizza Place _____
- 49 Thai Restaurant _____
- 50 Mexican Restaurant _____
- 51 Indian Restaurant _____
- 52 Seafood Restaurant _____
- 53 Chinese Restaurant _____
- 54 Sushi Restaurant _____
- 55 Restaurant For Takeout _____
- 56 Restaurant For Steak _____
- 57 Bakery _____
- 58 Coffee Shop _____
- 59 Ice Cream Shop _____
- 60 Deli _____
- 61 Butcher Shop _____
- 62 Fish Market _____
- 63 Bar _____
- 64 Caterer _____

Regional Favorites

- 65 Hospital _____
- 66 Limo/Car Service _____
- 67 Hotel/Motel/Inn/B&B _____
- 68 Beach _____
- 69 Golf Course _____
- 70 Museum _____
- 71 Place To See Theatre _____
- 72 Place For Family Entertainment _____
- 73 Summer Camp _____
- 74 Mall _____
- 75 Department Store _____
- 76 Discount Store _____
- 77 Supermarket _____
- 78 Car Dealership _____
- 79 Computer or Electronics Store _____

Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP CODE _____

PHONE _____

E-MAIL ADDRESS _____

GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot, online ballot or insert only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 12, 2014.

Mail To: Readers Choice Awards 2014 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887

OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

OUR VIEW

Restore weekend rail service

We are glad that Cohasset has joined a coalition of South Shore towns to lobby to return weekend railroad service on the Old Colony Greenbush and Plymouth/Kingston lines.

Boards of Selectmen in the affected towns from Hingham to Halifax and beyond are being asked to support this effort which would restore weekend and holiday commuter rail service to South Shore communities. About 17 months ago, the MBTA discontinued this important service leaving families and weekend riders with limited options.

Richard S. Prone of Duxbury, a retired locomotive engineer – who was an active proponent in seeing restoration of the Old Colony Line to fruition – points out that the Fourth of July fireworks and Red Sox rolling rally are examples of two family events that local families lost convenient access to because there is no weekend rail service.

The Old Colony Planning Council, a comprehensive regional planning agency, notes in a letter to the chairman of the Mass. Department of Transportation (MassDOT) Board of Directors, that restoration of weekend service would be consistent with:

- GreenDOT – an environmental and sustainability initiative that would make MassDOT a national leader in “greening” the state’s transportation system.
- Global Warming Solutions Act that requires the Mass. Office of Energy and Environmental Affairs to set gas emission reduction goals and strategies for the state.
- The Healthy Transportation Compact: An inter-agency initiative designed to facilitate transportation decisions that balance needs of transportation users by expanding mobility, improving public health, and supporting a cleaner environment.

A letter from the Kingston Town Administrator to MassDOT makes an important point by noting the impact of the elimination of weekend and holiday rail service not only includes residents’ desire to utilize commuter rail for recreational and entertainment purposes but more importantly, to utilize it for employment purposes.

The Halifax Town Administrator notes that while the MBTA’s financial difficulties resulted in elimination of this important service – restoration could help build “the brand.”

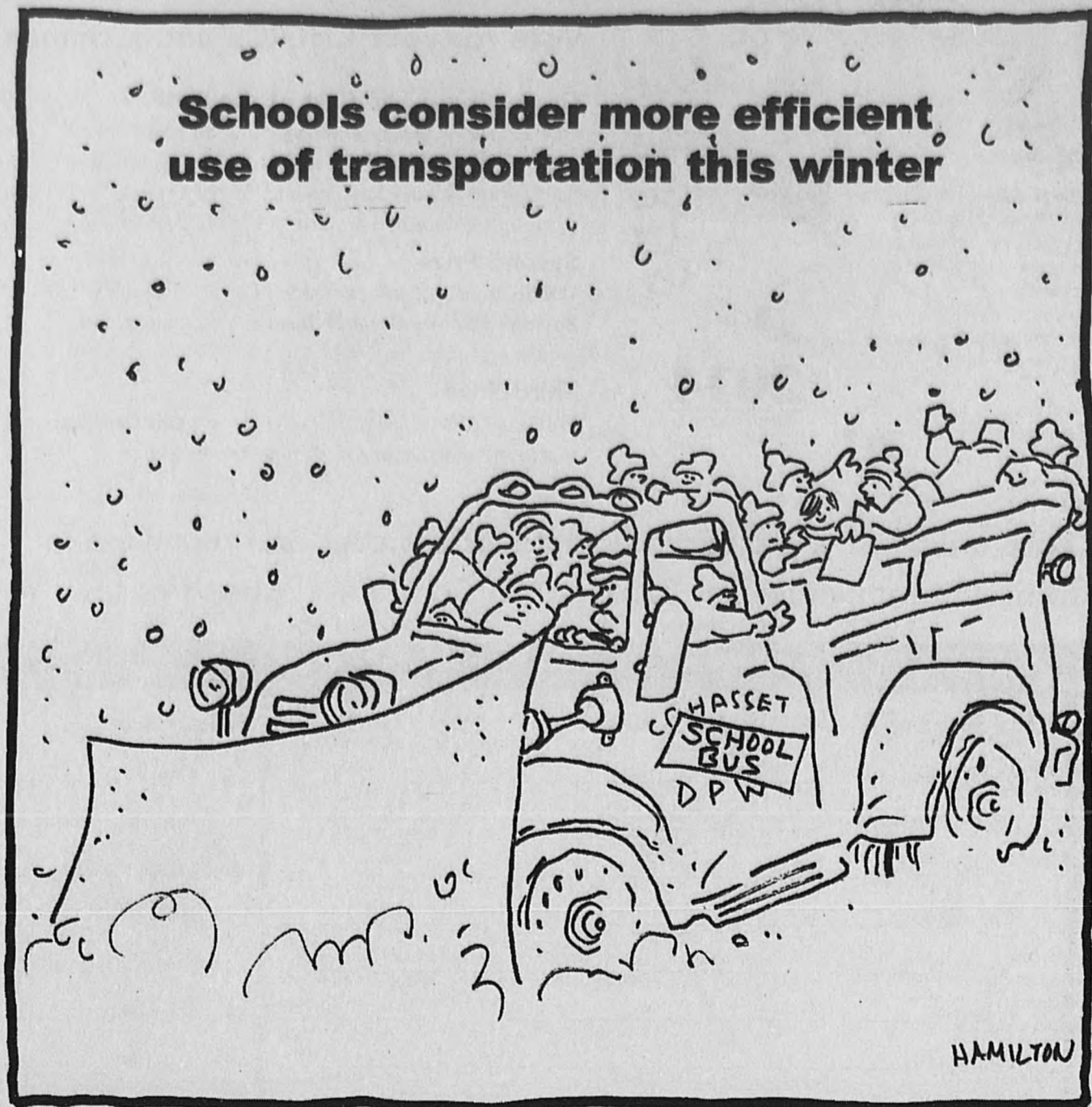
Halifax suggests eliminating the parking fee on weekends; trying family and group fares and incentives; and working out a schedule that “works” including late night trains.

The question is: does the money the MBTA saves by having our trains sitting idle on the weekends make up for inconvenience and loss of ridership? We agree with Halifax in that the Old Colony Line needs to build the brand – and being relatively new in that the old line was restored after nearly 50 years in the 1990s and 2000s – that branding was cut short with elimination of weekend service.

Please let selectmen know you agree and lobby our local legislators, state Rep. Garrett Bradley and state Sen. Robert Hedlund – to see what can be done to restore weekend rail service, an important component of our public transportation system.

HOW TO SUBMIT

Letters must be original and signed. Include the writer’s address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



IN GOOD FAITH

We’re all responsible for Sherman’s rant



THE REV. TIM SCHENCK

It was a shocking live television moment. In the immediate aftermath of the NFC Championship, FOX Sports sideline reporter Erin Andrews interviewed Seahawks’ cornerback Richard Sherman following his game-saving pass deflection to send Seattle to the Super Bowl. You could feel the adrenaline, passion, and violence coursing off his body as he brashly and threateningly proclaimed he was the best defender in the NFL and trash-talked 49ers receiver Michael Crabtree with whom he had tangled throughout the game.

The interview was as intense as it was brief. The transcript doesn’t do justice to the raw emotion and the awkward exchange between Sherman and Andrews but here it is:

Andrews: “Richard, let me ask you about the final play. Take me through it.”

Sherman: “Well, I’m the best corner in the game. When you try me with a sorry receiver like Crabtree, that’s the result you’re going

to get. Don’t you ever talk about me.”

Andrews: “Who was talking about you?”

Sherman: “Crabtree. Don’t you open your mouth about the best. Or I’m ma shut it for you real quick. L.O.B (Legion of boom, the nickname of the Seahawks secondary).”

Andrews: “Alright, before – Well, Joe, back over to you.”

Over on Twitter, Sherman was immediately labeled a sore winner, a thug, and much worse. I jumped into the fray as I’d been tweeting a bit throughout the compelling game. I tweeted the following:

Richard Sherman. Now THAT’s showing grace in victory. #yowza

Can somebody please test Sherman RIGHT now?

#roidrage

Actually, who am I to judge? I act just like Sherman at coffee hour after I preach a killer sermon.

Fox sticks a microphone in Sherman’s face AGAIN? Who’s producing this fiasco?

This was nothing compared to some of the racism (both subtle and overt) tweeted out after the interview. The image of an angry, fired-up black man with dreadlocks standing next to an upper-middle class white woman with a microphone played into many people’s

darkest fears. Never mind that this took place on the eve of the national holiday to honor the legacy of Dr. Martin Luther King, Jr.

Later, the Stanford-educated Sherman was much more eloquent but the damage to his reputation had been done. Of course this being sports in America, all will be forgiven and forgotten if Seattle wins the Super Bowl in two weeks.

But I admit I’m complicit in this whole scenario. Not because of my tweets – I wasn’t even thinking about race – but because I’m an avid football fan. We demand our warrior/athletes act like animals on the field and cheer them vociferously for it. Yet two seconds after walking off the field, we expect them to be transformed into model citizens. “Leaving it all on the field” means more to us than playing their hearts out – it means leaving the adrenaline-fueled violence between the lines as well.

We cheer, adore, and financially reward football players who act like gladiators on the field and exorcise these same men when they display violent tendencies off it. It’s no wonder that the two teams with the most suspensions for performance enhancing drugs this year – the Denver Broncos and

Seattle Seahawks will be playing in the Super Bowl. By rewarding and glorifying this behavior we are all complicit in Richard Sherman’s response.

As much as I love football and my hometown Baltimore Ravens (I even flew down to Baltimore with my two boys for last year’s Ravens victory parade), I admit the game is slowly losing its appeal. Every time I see a jarring hit I now envision the brain whipping around the skull. The acronym CTE (chronic traumatic encephalopathy) takes its place amid other familiar football terms like TD, FG, and QB.

While the NFL continues to be the most popular and profitable sports league in the world, the game is changing. I’m not sure what the future holds for professional football but I do know that when we revile the actions of players like Richard Sherman, it’s important to remember that we created the very monsters we condemn.

The Rev. Tim Schenck is Rector of the Episcopal Parish of St. John the Evangelist in Hingham. Visit his blog “Clergy Family Confidential” at fr-tim.wordpress.com or follow him on Twitter @FatherTim.

COHASSET MARINER

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LIBRARY CORNER

See ‘The Notebook’ next Friday

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. Call 781-383-1348 to register or for more information or visit the website at www.cohassetlibrary.org.

MA eBook Project - The library is participating in an eBook pilot project, which entitles Cohasset Library cardholders access to thousands of free ebooks and other materials. Read popular fiction and non-fiction titles or search titles for information for student reports and projects. Visit www.cohassetlibrary.org and click on the MA eBook Project icon on the library’s homepage.

Movie Matinee at the Library - Enjoy a free, day-

time movie at the library. The film “The Notebook” starring Ryan Gosling and Rachel McAdams will be shown on Friday, Feb. 7, at 11 a.m. Free admission. Light refreshments generously donated by Shaw’s of Cohasset. Rated PG-13; 124 min.; 2004.

Sunday Author Talks - Megan Marshall, author of :Margaret Fuller: A New American Life” will talk about her book at the Paul Pratt Memorial Library on Sunday, Feb. 9, at 4 p.m. Talk is followed by a wine and cheese reception and book signing. Free admission. Seating is limited. Sponsored by Dean & Hamilton Realtors and The

Cook Estate. In kind sponsorship provided by A Taste for Wine & Spirits.

FOR CHILDREN

Lego Club - Mondays, Feb. 10 and 24, 4 to 5 p.m., in the Meeting Room. Children 7 and younger must be accompanied by an adult. No registration required. Legos provided. Everyone is welcome.

MamaSteph - Join others on Mondays, Feb. 3, 10, and 24 at 10:30 a.m., for music movement and more. Funded by the Friends of the Cohasset Library.

Building Stories with Big Ryan - Register Now. - Building Stories with Big Ryan will take place in the Story Room on Wednesday

Feb. 5, 12, 19 and 26 at 10 a.m. This is a four week parent/child interactive workshop for children ages 3-5. Big Ryan will make stories and language come alive. Register once for all four sessions. The South Shore Community Action Council generously sponsors this four-week workshop.

Puppet Storytime on Tuesdays - Join others in the Story Room at 10:30 a.m. for puppets and stories with Leigh Baltzer.

Drop In Crafts Thursdays - Join others in the Story room anytime between 10:30 a.m. and 1:30 p.m. to make seasonal crafts. All children must be accompanied by an adult.

NATURE (HUMAN AND OTHERWISE)

Snowy owls in the area



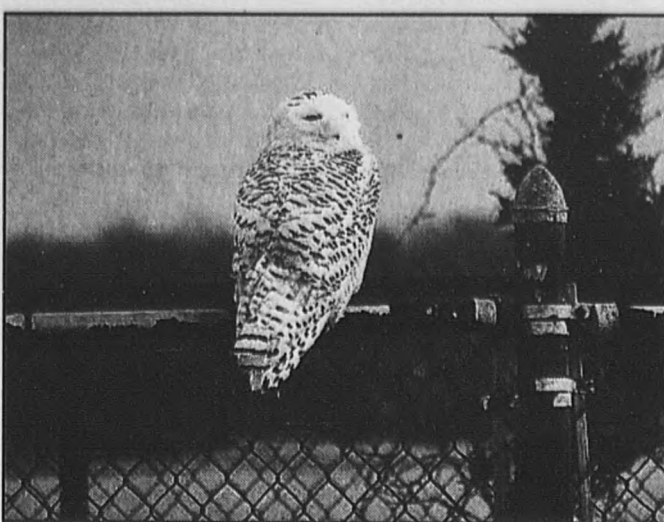
KEZIA BACON

This winter we have had an unusually high population of snowy owls in our area, so your chances of spotting one are pretty good.

As you may have guessed from their name, snowy owls are primarily white in color, although they do have some brown spots or markings. The males tend to be whiter than the females. They have small golden eyes, and short sharp bills. One of the larger owl species in North America, they measure up to 27 inches in height, and weigh up to four pounds. That's heavy for an owl – they need lots of layers of feathers to keep warm in the Arctic! Their wingspan ranges an impressive 4.5 to 5.5 feet across. In the wild, snowy owls may survive up to nine years – and considerably longer in captivity.

Snowy owls survive primarily on a diet of lemmings, a small Arctic-dwelling mammal. They are nomadic, and generally follow the lemming population. They also eat fish, insects, birds (ranging in size from a songbird to a medium-sized goose!) and other small mammals such as hares and mice. Last year the lemming population was large, and as a result, a greater-than-usual number of young snowy owls were produced.

Snowy owls make their home in the Arctic, in the northern portions of Canada, Alaska, Greenland and Russia. They breed in May, scraping out a hole in the bare ground in which to nest, and often returning to same spot year after year. If food supplies are good, a female may lay 7-11 eggs, while on a not-so-good sustenance year, maybe 3-5. The female protects the nest while the male gathers food. The babies begin to leave the nest after 25-26 days, however they cannot hunt for themselves until they reach about five weeks of age, and their flying skills don't really mature for another 2-3 weeks beyond that.



The Mariner thanks Eric Eisenhauer of Hobart Lane for sharing this photo of a snowy owl that he took on Monday, Jan. 6th. The owl was sitting atop a fence on Lothrop Beach. What a super bird it is! COURTESY PHOTO/ERIC EISENHAEUER

In the fall, snowy owls begin their journey south, searching for a place to spend the winter – a place that is similar to the dunes and grasslands of the Arctic tundra. They prefer wide-open, mostly-treeless coastal areas, so our larger, less-developed beaches are prime spots for viewing them. Duxbury Beach is the best spot locally. If you don't mind traveling farther, Plum Island, Salisbury Beach and Newburyport to the north are also safe bets, as are the beaches of the Cape and Islands. They are also attracted to airports.

You probably won't see snowy owls at Logan or any of our other local airports, though. Owls pose an airstrike danger, and so they are routinely removed from the premises. Norman Smith, director of the Massachusetts Audubon Society's Blue Hills Trailside Museum is a hero in this department. For 32 years he has been rescuing and banding snowy owls from Logan Airport, and relocating them to Duxbury Beach and Plum Island. In a normal year, this may involve 6-10 birds, but occasionally there are boom years and the 2013-2014 winter is definitely a boom (the technical term is "irruption"). By the end of December, Smith had relocated 32 snowy owls to Duxbury alone.

Snowy owls typically arrive in Massachusetts toward the end of November, and stick around for a couple of months, before heading north again. The Bay State isn't their only

winter home: they have been spotted as far south as Bermuda, North Carolina and Florida.

While they are here, snowy owls spend their days hunting. They have remarkably keen vision and hearing. Most owls hunt at night, but snows do most of their work during the day. They look for a spot with a good view: the rolling terrain of a sand dune is ideal, or they may tuck in behind a bush if it's windy. On calm days, they might choose a less-protected perch, such as a telephone pole or a nesting platform. Generally they are quiet, unless they're trying to scare away a predator, in which case they may cackle. They sit a lot – often for hours in the same spot, swiveling their heads or leaning forward to get a good look at something. Often, once they've captured one, they will swallow a rodent whole! Now that's something I'd like to see ...

Kezia Bacon's articles appear courtesy of the North and South Rivers Watershed Association, a local non-profit organization devoted to the preservation, restoration, maintenance and conservation of the North and South Rivers and their watershed. For membership information and a copy of their latest newsletter, contact NSRWA at (781) 659-8168 or visit www.nsrwa.org. To browse 15 years of Nature (Human and Otherwise) columns, visit <http://keziabaconbernstein.blogspot.com>

VIEW FROM THE FRONT PORCH

Weathering through a few ideas



JOHN MCSHEFFREY

Sitting here trying to back out of my parking space here in the village but I can't see around the huge SUV parked next to me. Could be a while, might as well share a few thoughts:

- Been pondering this question for a few weeks: when does a person who has relocated to the Boston area become a Bostonian? Is it based on time, as in did they survive the Blizzard of '78 or suffer through the lean years of the Red Sox? Or is it based on knowledge, as in can they explain how Route 128 North can simultaneously be Route 93 South and Route 95 North or can they describe where they'd be if they took a left on Spit Brook and a right on Daniel Webster?

- No matter, one doesn't need to be a lifelong Bostonian to appreciate the dynamic impact Chet Curtis had throughout the area. Chet, who passed away last week was the best of the best in an age where newscasters truly meant something. Chet and Nat and Jack and Liz that was it.

- If Chet Curtis was Boston's Cronkite then Jack Williams is the city's Brinkley.

- One day about 12 years ago a friend of mine with two kids under the age of 3 had reached her wits end. Exasperated, she looked at her kids and exclaimed, "I have Jack Williams on speed dial; you're one number away from being next Wednesday's Child!" To this day I still laugh at this. Wonder if Jack Williams would.

- I love a big snowstorm and the build-up and hype that goes along with it. I love the insanity of news stations sending crews to cover the waves in North Scituate, empty bread isles at a store and to stand in snow at rest area along Route 128. My wife thinks I'm nuts.

- With Dickie and Bruce retired and Don Kent long gone; sitting at the top of my list of favorite weather forecasters is NECN's Tim Kelley. Cohasset's own Joe Joyce is

The 50th anniversary of the Beatles playing the Ed Sullivan Show is coming up. There is no denying the incredible influence they've had.

right up there too.

- Pretty sure the ruler we have is defective. The official totals regarding last week's snowstorm had the area at 17 inches of snow but we couldn't find a spot in our yard that was deeper than 9 inches. In-sert joke here.

- The day after last week's storm I had lunch at Toast. Watching the massive waves crash along the Hull seawall as I ate my hot turkey sandwich was pretty awesome. So was the sandwich.

- Can't believe the Mariner Facebook page doesn't have more 'likes'. It's a great source of local news updates through the week. Highly recommend it.

- If you haven't been reading Kevin McCarthy's Political Perch then you are missing out on some great writing. His political analysis is logical, well thought out and right down the middle. I think Kevin's insights are a huge asset.

- The 50th anniversary of the Beatles playing the Ed Sullivan Show is coming up. There is no denying the incredible influence they've had. What's also incredible is how prolific they were, releasing 12 studio albums in just 9 years. Do you have a favorite?

- When it comes to appreciating the Beatles, I think I've met my match. Editor Mary Ford truly is a diehard fan with some incredible stories to share.

- Still trying to see around the SUV ...

- Love the new Stop & Shop service that allows us to place orders online and pick up the groceries at a designated time outside the store. However, their no tipping policy is for the birds. If someone is going to sit out in the elements to give me my groceries they deserve a few dollars.

- Speaking of Stop & Shop here's a quick look at the local Stop & Shop gas prices as of Jan. 25. Cohasset and Quincy are both at \$3.38 a gallon while Abington is at \$3.29. Okay, while not perfect, it's a lot better than it was.

- The middle of February is quickly approaching, a time

that I like to call 'brown wreath season'. The time of year to drive around and look at all the dead wreaths hanging on people's front doors. You'd be amazed at the numbers.

- In the month of January in the United States, there was an average of one school shooting every other day. In the calendar year following the Newtown school massacre, over 32,000 Americans were killed by a gun. Thirty-two thousand dead, a school shooting every other day; these stats are incomprehensible and indefensible.

- Did you know that Cerberus Capital Management the firm that owns the gun company that manufactures the Bushmaster assault weapon used to slaughter the kids at Sandy Hook Elementary also owns Shaw's Supermarket? Our politicians maybe inept when it comes to gun control, but I certainly can determine where I spend my money and Cerberus is not on that list. Sorry Shaw's.

- Happy Ground Hog's Day Ned Ryerson.

- The Corner Stop; great atmosphere, out of this world tomato soup and incredibly nice owners. Two thumbs up.

- I got a nice note from my sixth-grade history teacher regarding my last article. Turns out that my sixth-grade English teacher saw it in the paper and forwarded it along. Can't shake the picture of my former teacher reading the article with a red pen and highlighting my grammatical errors.

- Proof reading is the hardest part of writing these articles.

- Finally, last week Mamma Mia's celebrated 40 years of being part of the South Shore. My family's been going since 1977. Check out their Hanover location, phenomenal pizza.

As always, thanks for reading. I'm almost out of this parking spot, if I could just see around this SUV ...

John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jjmcs@aol.com

PUSHING THE EDGE

Why are transitions so difficult?



GLENN MANGURIAN

Years ago I read the bestselling book by Gail Sheehy, "Passages." That book built on the work of Daniel Levinson, The Seasons of a Man's Life. Both books taught me that transitions are part of life and anxiety is part of transitions.

Well, I just made another transition from "baby boomer" to "senior citizen baby boomer". I just became eligible for Medicare. How can it be that a baby boomer now is eligible for senior discounts at the movies? I'm not sure I like it. But, isn't that the way it goes with transitions. Some transitions like aging are beyond our control. Others we

choose. Most of them are difficult. But why?

Transitions usually involve moving from the known to the unknown. They are the process of leaving the past and accepting or embracing the future. Transitions are about endings and new beginnings. I have an expression about my transitions.

"I am no longer who I was and not yet who I am becoming. I am a work in process."

We are all works in process. It is not that all transitions are inherently difficult (although many are). Rather, the story about the transition that we create often triggers anxiety.

So for me, it is time to create an enjoyable story of my new age status. I choose to make mine an adventure story. How will you write your story when the time comes?

Pushing the Edge of Your Thinking

- Think back over your past transitions that were enjoyable and relatively easy? Why were they that way?

- How about the difficult transitions? What made them difficult? How did you move through those transitions?

- What current transition are you in or approaching? What can you learn from your past transition experiences and apply today?

Glenn Mangurian is a Hingham resident of 25 years. He spends his time consulting, teaching leadership and enjoying life. He welcomes your comments and can be reached at gmangurian@frontier-works.com

NOMINATION PAPERS

Time to consider running for office

Nomination papers for the Annual Town Election for 2014 will be available on Monday, Feb. 10, 2014 at the Town Clerk's Office. The last day to obtain nomination papers will be Thursday, March 20, 2014. Last day to submit nomination papers to the Board of Registrars for certification is Monday March 24. In order to hold an elected office, you must be a registered voter of the town. Please note that you are not running for of-

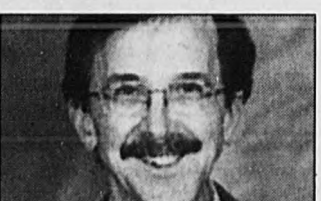
fice until you take out papers and the Board of Registrars certifies your signatures.

- Selectmen for three years (2)
- Moderator for three years (1)
- Town Clerk for three years (1)
- School Committee for three years (1)
- Trustees Paul Pratt Memorial Library for three years (3)
- Assessor for three years

- (1)
- Board of Health for three years (1)
- Cohasset Housing Authority for five years (1)
- Planning Board for five years (1)
- Planning Board Associate Member for two years (1) to fill an unexpired term
- Recreation Commission for five years (1)
- Sewer Commission for three years (1)
- Water Commission for three years (1)

EARTH AND SPIRIT

Climate chaos is upon us



REV. KEN READ-BROWN

It didn't get as much press up here in the northern hemisphere – but while we northern folks were experiencing the frigid cold brought to us by the wandering polar vortex earlier in January, down in the southern hemisphere Australia was experiencing unrelenting record heat. The temperature up around 110 degrees in Melbourne for days. At the Australian Open tennis tournament, plastic water bottles melted on the court, a ball boy fainted, and one of the players hallucinated Snoopy! At one point play was suspended. And all this follows record-breaking heat in 2013, during which Australians experienced the hottest day, hottest month, hottest summer, and hottest year since at least 1910, when reliable record-keeping began.

In short, though some climate change deniers were claiming that the record cold in North America somehow disproved global warming and climate change, their rhetoric wouldn't carry much weight for Australians.

The reality is that the warming of Earth's atmosphere brought about by the increased levels of carbon dioxide, methane, and other greenhouse gases emitted

And though no single weather event can be directly linked to global warming, both the wandering polar vortex and the extreme heat in Australia are the kinds of weather events that climate change models predict.

since the onset of the industrial revolution, does not simply bring a steady warming of surface temperatures. Rather, for a variety of well-documented reasons it brings what some are calling climate chaos. And though no single weather event can be directly linked to global warming, both the wandering polar vortex and the extreme heat in Australia are the kinds of weather events that climate change models predict.

This is not good news, and I'm afraid the climate news promises to get only worse.

What are we to do? How are we to live?

Well, there is plenty that can be done in our personal lives, as well as politically and technologically. And we've got to do it all.

But meanwhile we also have to keep our spirits fresh and alive. I know I do. After all, the world doesn't need a bunch of despondent people! Rather, the world's challenges are best addressed by people who are fully alive and awake, by people who are moved primarily by compassion and love, not by fear or anger.

What this means to me is that whatever else we do, we must tend to our spirits, each in our own way. For some this means a practice of prayer, meditation, or yoga. For others or at other

times it might mean listening to beautiful music – or making beautiful music, singing together. For all of us it can mean simply getting outside if we can, almost whatever the weather, and appreciating the beauty all around us, beauty of a sunrise or sunset, beauty of snowfall or sunlight, beauty of a bird call or a leaping deer.

E.B. White once amusingly wrote, "I arise in the morning torn between a desire to improve (or save) the world and a desire to enjoy (or savor) the world. This makes it hard to plan the day."

I know what he means! And maybe you do, too. But the truth is (or so it seems to me) that if we practice savoring the world we will be more motivated to help save the world – or at least improve it a bit, whether in relation to climate change or any number of other challenges that press upon us.

Rev. Read-Brown has been the minister of First Parish in Hingham (Old Ship Church), Unitarian Universalist, since 1987. He is also a member of REACH (Responsible Energy Alternatives Coalition of Hingham – hinghamreach.org) and of the South Shore "node" of 350MA.org. He can be contacted at oldshipkrb@comcast.net.

RED LION

Continued from 1

background music.

"A wedding is not entertainment," said Humphreys. "There is a distinct distinction between entertainment and background music."

The attorney advocated for a noise bylaw that takes the Inn — and all of Cohasset's businesses — into consideration. Humphreys suggested adopting state regulations, which state that noise at a property line dividing businesses from residences may not exceed 10 decibels more than the ambient noise level in the area.

For example, Humphreys explained, if the ambient noise level is 55, then the noise at the property line may not exceed 65 decibels. The street noise level in Cohasset village has been measured at 70 decibels, said Humphreys (see sidebar).

While Cohasset does not currently have a noise bylaw, the Inn's entertainment license specifies that there must not be any audible noise at the property line. Humphreys called this a "quasi mandate" and asked the selectmen to consider passing a "universal standard" that is "not subject to debate."

Humphreys claimed that it's unfair that outdoor weddings are allowed in different parts of Cohasset, including Sandy Beach, the town common and Government Island, but not at the Inn, where weddings are an important part of business.

"The Red Lion Inn is a very valuable asset in the village" and a "substantial taxpayer," said Humphreys. "It provides magnificent weddings and good food service... We have got to preserve it and allow it to function."

Selectmen Steve Gaumer pointed out that the other venues that hold weddings in Cohasset do not do so every weekend, and explained that

Sound standards

These are some examples of where noises heard in the home, workplace or recreational environments fall on the decibel scale:

0 = Softest sound audible to a person with normal hearing
10 = Normal breathing
20 = Whispering at 5 feet
30 = Soft whisper
50 = Rainfall, refrigerator, dishwasher or washing machine
60 = Normal conversation
70 = TV audio, coffee grinder
80 = Doorbell, telephone, whistling kettle
90 = Tractor, truck
100 = Snowmobile
110 = Shouting, baby crying
120 = Ambulance siren, band concert
130 = Jackhammer, power drill
140 = Airplane taking off
150 = Jet engine, artillery fire at 500 feet, firecracker
160 = Fireworks at 3 feet
170 = Shotgun
180 = Rocket launch

Source: The Center for Hearing and Communication, www.chcheating.org

the selectmen have imposed tough regulations on the Red Lion Inn because the owner has been less than cooperative with the town in the past.

Gaumer said that despite outdoor weddings being prohibited at the Inn, the Inn continues to hold them. "It was fairly distinct that the license holder was well aware that outdoor weddings were not part of the entertainment license," said Gaumer. "He went ahead and booked them."

"The behavior of the license holder has become questionable," the selectman continued. "That has to be part of the conversation... when considering this."

Humphreys responded, "This is how we never go forward," adding that he believes that banning outdoor weddings at the venue is illegal.

Gaumer concluded, "It sounds like you're not asking us to make a universal standard on sound but to change the current license to allow outdoor weddings."

Selectman Karen Quigley said that while she thought the noise discussion needed to

take place, she would not want to see restrictions placed on only one business in town.

"I'm concerned with establishing bylaws that are preferential to any [one] neighborhood," said Quigley, adding that noise from performances at the South Shore Music Circus in the summer can be heard all around town, "depending on which way the wind is blowing."

And if Cohasset established a noise ordinance like the one its neighbor, Hingham, is considering, there could be "unintended consequences," said Quigley. "The schools won't be able to empty their dumpsters behind my house."

Selectman Martha Gjestebly said that if Cohasset considers a noise bylaw, it will have to be something "that would be applicable to everybody."

Selectmen chair Fred Koed thanked Humphreys for "starting the conversation," adding, "We need to have an ongoing dialogue."

Look for more on this issue in an upcoming edition of the Mariner.

RAILROAD

Continued from 1

agreeing to proof it.

"There is a good chunk of support on this," said Gaumer, noting that several other communities, including Plymouth, Kingston and Halifax, that have already sent letters to the MassDOT and State Rep. Garrett Bradley and Senator Robert Hedlund.

"The supporting group was vocal with the desire to have access to Boston on the week-

end service," said Gaumer, adding that he thought closing down the weekend service was a bad move. "It's fascinating that the T spent \$4 million and shut [the commuter rail] down 30 percent of the time."

Koed noted that with a new operator poised to come on board, "the timing is good" to ask to bring back the weekend/holiday service.

Keolis, a French company, will be the new operator of the MBTA, according to published reports. MBTA has

been the operator for the past decade. The MassDOT plans to execute a contract with Keolis in February, with the company taking the helm on July 1.

"The citizens really like it," selectman Martha Gjestebly said of the weekend and holiday train, noting that it seemed unfair when the service was "summarily cut off."

"It's a chamber of commerce loss," said Gjestebly. Look for more on this issue in an upcoming edition of the Mariner.

BRIEFLY

Update: zoning bylaws

The newly updated Zoning Bylaws are available on the Town's website: www.cohassetmass.org. Hard copies are also available from the Town Clerk's office for \$15.

This latest publication has updated the zoning bylaws through the April 22, 2013

Annual Town Meeting. The last update was in March 29, 2008.

Planners approve animal hospital

The Planning Board voted unanimously on Wed., Jan 29, to approve plans for a veterinary hospital at 234 King Street, the former Smith Appliance. The building, once renovated, will be

the new home for Crazy Paws, which is currently housed in the James Brook Crossing shopping center on Ripley Road. The structure requires a special permit under Cohasset's zoning bylaws. The Planners voted to recommend the project to the Zoning Board of Appeals, with conditions.

Look for more on this in an upcoming edition of the Mariner.

MARK YOUR CALENDAR

'Sound of Music' auditions Feb. 3 and 4

Auditions have been scheduled for next Monday and Tuesday, Feb. 3 and 4, for Hingham Civic Music Theatre's April production of "The Sound of Music." The auditions, postponed for the snowstorm in late January, will take place at Hingham Town Hall, 210 Central St.

The hit Rodgers & Hammerstein musical, being directed in Hingham by Bill Boyer, still is scheduled to be presented April 26 and 27, and May 2, 3 and 4, at Sanborn Auditorium at the Town Hall. John Duff will serve as music director, and Janet Fortier as choreographer.

Boyer, who last directed HCMT's spring production

of "Oliver!" says he aims to make this "Sound of Music" a show that is "welcoming and open to families and folks of all talent levels," while ensuring that the cast "has a wonderful, fun-filled, family experience from start to finish."

The audition process can be a delight — even for first-timers. Performers are asked to bring sheet music of the song they will be singing. An accompanist is provided, and auditioners also may be asked to read selections from the script and to perform a brief dance movement. A resume and a photo are also requested, if a resume is available.

Children between 8 and

18 years old are needed for roles in "The Sound of Music." Hingham Civic is known for its welcoming spirit and cast camaraderie, having given may performers their first entry onto the stage, while offering veteran actors a community theater home to treasure. On one of the audition days, young people should come to Town Hall at 6:30 p.m. Auditions for adults will begin at 7:30 each evening.

E-mail any questions about the show or the audition process, to Stagemomma2003@yahoo.com, or call 339-793-1821.

Auditions on Feb 3 and 4, will be at 6:30 p.m., for young people; 7:30 p.m. for adults each night.

Chill out for a great cause on Saturday

The Drowned Hogs will storm Nantasket Beach with their annual mad dash into the Atlantic. At 11 a.m. Saturday, Feb. 1, hundreds of hardy nutcases committed to doing something cool and crazy for a cause — Wellspring Multi-Service Center — will predict the arrival of spring in their own special way. Anyone

can join, but there are a few rules:

The swim doesn't count unless the swimmer fully dunks. Wet suits are allowed only if the wearer also wears a tutu and a tiara.

All individuals, groups or families with warm hearts willing to do something cool for charity are welcome to join the craziness. Informa-

tion and pledge sheets are available at drownedhogs.org or wellspringhull.org. Registration fee is \$10 and includes the 2014 Tie-Dyed Drowned Hog T-Shirt.

Download pledge sheets at drownedhogs.org, wellspringhull.org or call 781-925-3211 to be part of this polar plunge.

HAPPENING TONIGHT

Hockey great to sign new book

Meet past Boston Bruins player Chris Nilan when he signs his new book, "Fighting Back" from 6 to 8 p.m. Friday, Jan. 31, at Barnes & Noble, Derby Street Shoppes, 96 Derby St.

Chris Nilan, who grew up in a tough and gritty Irish

enclave in Boston, was a feared enforcer for the Montreal Canadiens, Boston Bruins, and the New York Rangers and a Stanley Cup Champion never afraid to go into the corners or take off his gloves.

Nilan played right wing in

688 NHL regular season games. He racked up more than 3,000 penalty minutes during his pro career and was the subject of the documentary, "The Last Gladiator."



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 39

Report No. 4

January 20-24, 2014



Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE. Beacon Hill Roll Call records local senators' votes on two roll calls from the week of January 20-24. There were no roll calls in the House last week.

CLEAR TITLE TO PROPERTY (S1987)

Senate 38-0, approved and sent to the House a bill that would provide relief to Massachusetts homeowners who currently lack clear title to their homes due to prior faulty foreclosures. The measure was filed in response to a Supreme Judicial Court decision that voided thousands of foreclosure sales. The court said that a foreclosure is void if the foreclosing lender could not produce a written assignment of its mortgage prior to the first publication of notice. The measure remedies this by allowing the affidavit that is recorded during the sale of the property to serve as conclusive evidence that the foreclosing lender is in compliance.

Supporters said this long overdue bill will help thousands of homeowners who unwittingly purchased an improperly foreclosed property and are currently without a clear title and consequently unable to sell or refinance their homes.

(A "Yes" vote is for the bill.)

\$177 MILLION FOR MILITARY INSTALLATIONS (S1988)

Senate 37-2, approved a bill that would provide \$177 million over the next five years to make improvements at and expand the state's six military installations.

Supporters said this would ensure that Massachusetts provides funding for all its major federal military bases and may help persuade the federal government not to close the state's military bases if and when another round of closings occurs. They argued these military installations contribute more than \$14.2 billion to the state's economy and support more than 46,000 jobs.

Opponents said it is questionable whether state dollars should be used for a national purpose. They argued the money would be better spent on state problems like education, construction, health care and clean energy, all of which will also help create jobs.

The House approved a different version of the bill. The Senate version now goes to the House for consideration.

(A "Yes" vote is for the bill. A "No" vote is against the bill.)

ALSO UP ON BEACON HILL

\$36.374 BILLION FISCAL 2015 BUDGET (H 8813) - Gov. Deval Patrick fired the first shot in the likely six-month battle over the state budget. He filed a \$36.374 billion state budget for the fiscal year that begins on July 1, 2014 — a 4.9 percent increase over last year. The House will hold hearings on the governor's package and then draft its own version that will be debated and amended on the House floor. The Senate will follow suit with its own draft, and a House-Senate conference committee will eventually craft a plan that will be presented to the House and Senate for consideration and then sent to the governor.

DRIVER'S LICENSE FOR ILLEGAL IMMIGRANTS (H 8813) - Perhaps the most controversial legislation on the Transportation Committee's February 3 hearing at 1 p.m. in Room A-2 of the Statehouse is a proposal that would allow the Registry of Motor Vehicles to issue driver's licenses to immigrants who meet other criteria but do not have a social security number. The legislation will establish a special driver's license for those who are unable to provide a social security number but who receive driver's education, pass a driving test and carry insurance.

Supporters say this will ensure that these immigrants have driving skills which will make the roads safer. They noted that currently they are driving without any training or insurance because they are not allowed to get a license.

Opponents say that the immigrants are illegal and should not be allowed to get a driver's license. They noted that some states approved a similar law but have since repealed it because these states were beginning to become a haven for noncitizens to obtain a license.

TICKET SCALPING - The Consumer Protection and Professional Licensure Committee heard testimony on six proposals that would change the state's laws for the resale of tickets to sporting and entertainment events including some that repeal the current law that prohibits the resale of tickets for more than \$2 over the face value.

Current state law dates back to 1924 and limits the resale price by individuals or companies to \$2 above face value plus costs incurred by the seller related to obtaining and selling the ticket, excluding the cost of the seller's general business operation. Allowable charges include paying for messengers to stand in line to buy tickets, postage, long-distance telephone calls and credit card fees. The current law is rarely enforced. An estimated 130 ticket resellers are currently licensed by the state.

No one testified against the bill. Supporters said the current law is antiquated and unenforceable and argued it is time to allow the marketplace to determine the price of resold tickets.

TREATMENT OF CIRCUS ELEPHANTS (S1626) - The Committee on Tourism, Arts and Cultural Development will hold a hearing on February 3 at 2 p.m. in Room A-1 on legislation that would ban the use of bullhooks and chains on circus elephants. Violators would be punished by up to a \$5,000 fine and/or a year in jail.

Supporters of the ban say circus elephants are abused and routinely beaten with bullhooks inserted into their skin. A bullhook is a weapon that resembles a fireplace poker, with a sharp steel hook at one end.

Opponents say bullhooks simply help guide and train elephants and argue that existing animal abuse laws already cover elephants.

SEAT BELT REPORT - The Bay State received a rating that put it in the second best category ranked by Advocates for Highway And Auto Safety, an advocacy group that graded all 50 states on adoption of 15 laws it thinks are necessary to improve highway safety. Massachusetts earned points for several laws including a ban on texting while driving, prohibiting drivers under 18 from using any type of cell phone or mobile electronic device while driving and a booster seat requirement.

The state lost points for not having several laws including a primary enforcement seat belt law and a law requiring all convicted drunk drivers to have an ignition interlock device that prevents a vehicle from starting if it detects a blood alcohol concentration over a limit of .02.

ANOTHER EXIT - The number of state legislators resigning prior to the end of their current term rose to 12 last week. Rep. Steven Walsh (D-Lynn) announced he will soon resign from the Legislature to take a job beginning March 1 as executive director of the Massachusetts Council of Community Hospitals, a non-profit corporation that advocates for the Commonwealth's community hospitals. Walsh is currently the chairman of the House Committee on Health Care Financing.

Y *

Y *

CAPTION THIS:

Confused 'no parking' sign

File it under "Quirky Cohasset."

Last week, a portable potty in the park next to Tedeschi's caused a bit of an online stir. This week, the Mariner spotted this upside-down "no parking" sign on Brook Street and decided to share.

Facebook users were quick to weigh in on the matter, offering up potential captions for the photo – and when it came to crafting puns, they did not disappoint:

- "Everything in charming seaside town turns upside down except a single 'No Parking' sign."

- "Although standing on your head and walking on your hands is still permitted on Brook St...The mandatory No Parking ban remains in effect until further notice (Per order of the CPD)."

- "Dyslexic parking only."

- "Worse than we thought. The whole pole is upside down."

- "Protest by the Pro Parking Movement."

- "If this sign says: 'No Parking' then congratulations – you fastened your seat belt."

- "George Bush's Fault or Presidential Shovel Ready Project in Progress?"

- "They got the word 'ON' right."



Upside down: the Mariner spotted this sign on Brook Street this week. PHOTO/MARY FORD

- "Keep Calm Gnikrap On!"
- "No matter how you look at it, you can't park here."

Mary Ford at mford@wickedlocal.com or reporter Erin Dale at edale@wickedlocal.com, or tweet us @CohassetMariner and @ErinDaleMariner.

Have you spotted something quirky in Cohasset? Send it our way! Email editor

POLITICAL NOTES

Cohasset Democrats to hold Caucus

The Cohasset Democratic Town Committee will be holding a caucus for Cohasset's Registered Democrats at the Cohasset Library Saturday, Feb. 8, at 10 a.m. to elect four delegates and three alternates to the 2014 Massachusetts Democratic Convention. Delegates will be divided equally between men and women.

The Convention will be held on Friday June 13, and Saturday June 14, at the DCU Center in Worcester. At that time, Democrats from across the state will gather to endorse statewide

candidates.

The caucus is open to all registered Democrats in Cohasset. Anyone who wishes to attend the convention as a delegate is encouraged to attend the caucus and be nominated. All ballots will be written and secret. Those not elected as Delegate and/or Alternate, who meet the qualifications, may apply to be add-on delegates in the following categories: youth, minority, and disabled.

Discrimination on the basis of race, sex, age, color, creed, national origin, dis-

ability, religion, ethnic identity, sexual orientation or economic status in the conduct of the caucus is strictly prohibited.

Challenges to the delegate selection process can be filed with the Massachusetts Democratic Party, 77 Summer St., 10th Floor Boston, MA 02110 no later than 10 days after the caucus date.

For caucus information contact chair, John Chapman at 781-383-9793, or vice chair, Sally Sisson at 781-383-6190.

MARK YOUR CALENDAR

Quilt Show and Luncheon set for March 1

One of the South Shore's most treasured and delicious events will arrive like a preview of spring as Second Congregational Church in Cohasset celebrates its 20th and final benefit Quilt Show and Luncheon from 10:30 a.m. to 2 p.m., on Saturday, March 1.

Over the past 19 years 1,080 quilts have been displayed and \$39,000 donated to charity. Every year the sanctuary has come alive with colorful quilts draped over the pews. Each has a story to tell and maybe even

a few secrets to share.

Tickets are available for \$15 by sending a self-addressed stamped envelope, along with a check payable to 2nd Congregational Church to: 100 Pond St., #16, Cohasset, MA 02025. Reservations for groups of six or more are accepted for specific luncheon seatings by calling DeeDee at 781-383-9474. The ticket includes a luncheon, served by the all male wait staff, and features a choice of entrees and is topped off by a variety of desserts. Those who

have always thought of attending, but never done so, this is the time to mark the calendar for March 1. It promises to be a special finale.

All proceeds will benefit The Spark Center in Mattapan serving some of Boston's most high risk children: Those living with complicated medical conditions as well as those with significant family or social concerns. The entire event is handicap accessible.

BRIEFLY

Seed growing at Holly Hill Farm

Holly Hill Farm is located at 236 Jerusalem Road. Call 781-383-6565 or visit: hollyhillfarm.org.

Seeds, Soil, and Garden Plans – Saturday, Feb. 8, from 8 to 10 a.m. Peruse seed catalogs, talk about the

different types of seed sowing and interpret the many seed varieties and planting styles. This will surely help sweep away the winter blues. This late winter program is perfect for any gardener who is itching to get

their fingers in the soil. Cost: \$12 for Friends of Holly Hill Farm members; \$15 for non-members. Space is limited so please pre-register early.

UNICORN SINGERS CONCERT

Benefits Horizons for Homeless Children

The Broadway Favorites Concert to benefit Horizons for Homeless Children will take place at 8 p.m. Saturday, Feb. 8, at the House of Prayer Lutheran Church, 916 Main St., Hingham.

Enjoy the solo voices of

the Unicorn Singers as they perform songs from "Oliver," "South Pacific," "Mamma Mia" and other great shows. Dress in festive Valentine's Day attire.

Tickets are \$25 in advance, and \$30 at the door.

They can be purchased at Nobles Camera in Hingham Square, or by sending a check made out to HHC to Sally Davenport, 63 Burditt Avenue, Hingham 02043.



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Third Prize

FIVE third prize winners will each receive a **Gift Certificate** to a local restaurant or entertainment event/venue.



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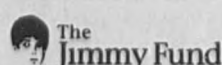
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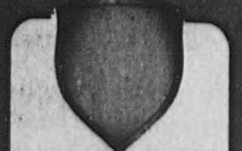
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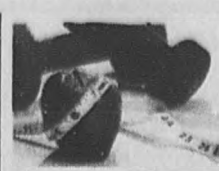
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SPORTS

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26, 27

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com

SPORTS NOTES

Send your stuff



William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

ROUNDUP

Winning games

In a busy week for sports, the girl basketball team picked up a win Jan. 28, beating Carver 51-43. The girls lost their next game to East Bridgewater.

On the ice, the Cohasset girls beat King Phillip 5-4 on Wednesday.

Sam Taylor and Ari Soldano each scored twice, and Alex Martini added another goal in the win.

Once again, Shea Kearney was outstanding in net, making 24 saves.

On the basketball courts, Cohasset routed Carver 69-37.

Henry Brown and Harrison Martin each scored 15 to lead the Skippers.

One game before that, Cohasset rolled over Abington 56-43, to inch closer to a SSL title.

For more boys basketball photos, see Page 21.

ROAD RACE

Cohasset Race By The Sea

Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset will be Sunday, April 6 in Cohasset.

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot.

Register at roadrace-bythesea.com "Like" us on facebook.

For more on the race, see Page 21

WRESTLING

Senior success

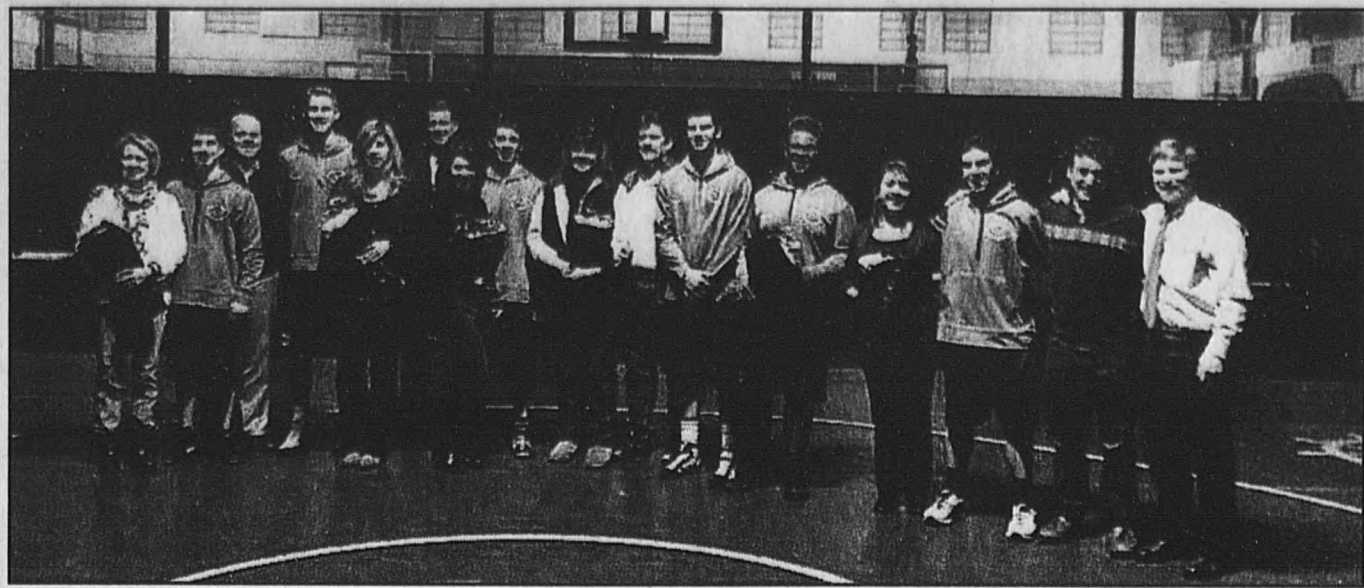
Cohasset wrestling wins

The Cohasset Mariner

After a blazing start to the season, youth and injuries finally caught up to the Cohasset wrestling team.

Last week lost three tough matches to Hingham, Norton and Dighton-Reobeth.

Wednesday night was Senior night and the new mat light was shining bright on all the Seniors. Joe Sestito, Har-



The Cohasset wrestling seniors pose for a photo with their parents on Senior Night. COURTESY PHOTO

ry Helbock, Chandler Skolnick, John Nolan, Steven Maher and Kelsey Niassant.

"The loss of Joe Sestito this season has been difficult with

the Skippers needing to start so many young kids," Sweeney said. "The 12-6-1 record would be 16-3 with Joe. We have lost three and

tied one that Joe's presence would have changed those meet scores. The silver-lining is that some younger kids are get varsity time."

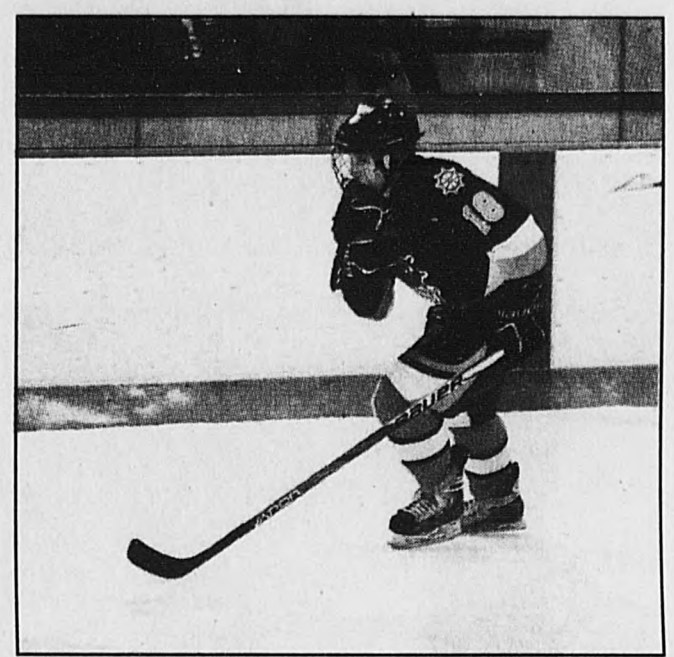
Cohasset got back to winning last night against Josiah Quincy with a 52-12 win. The score didn't reflect the

SEE WRESTLING, 21

BOYS HOCKEY



Cohasset's Cole Joslin flies after a puck during Cohasset's 5-2 win over Rockland on Saturday at the Rockland Ice Rink. PHOTOS/WILLIAM WASSERSUG



Cohasset's Derek Benson skates during Cohasset's 5-2 win over Rockland on Saturday at the Rockland Ice Rink.

Skippers skate past Rockland

Ice men get great all-around effort in victory

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys hockey team is enjoying something of a banner season, but they know that just winning

games now doesn't make the season.

That will come from hard work and dedication the rest of the way — a stretch that includes some tough games that could decide the outcome of the South Shore League.

Saturday, the Skippers gave themselves a little breathing room with a

dominating 5-2 win over league rival Rockland at Rockland Ice Rink.

The Skippers made it happen with teamwork.

Five Skippers scored goals.

Cole Joslin notched the Skippers' first goal of the night, followed by a strike by Terence Doonan.

Leading 2-1 in the second period, 9 scored to put the Skippers up 3-2, and Colin Whelan chipped in a goal for a 4-2 lead.

Jeff Powers closed out the scoring and put the game totally out of reach with an empty-netter.

SEE HOCKEY, 20

GYMNASTICS

Record-setting performance

By Ryan Wood
rwood@wickedlocal.com

It was only a matter of time before the Cohasset/Norwell gymnasts made history.

Tuesday night, the girls did just that. They lost, 139-135.30 to Mashpee/Falmouth, but their score of 135.30 broke the previous school record of 134. Safe to say the team and coaching staff was more than excited about the result.

"I am so pumped," co-head coach Ruthann Ardizzone said. "Even though we lost, the girls had their best meet

of the season. All gymnasts were enthusiastic with a positive attitude, which helped in their overall performance."

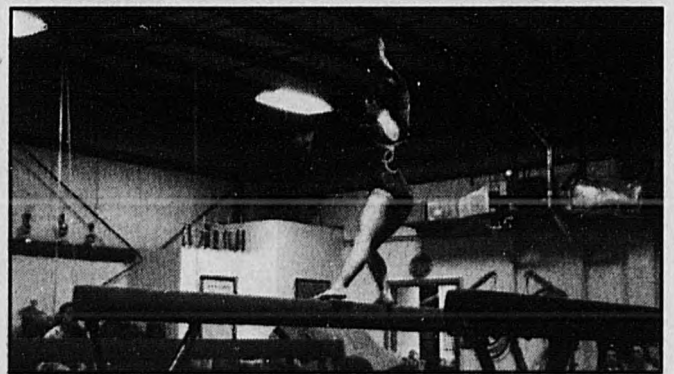
The night began on the uneven bars, and Ardizzone said each girl nailed their routine. Jessie Westergard scored a 9.5, followed by Claire Brookebank (8.4), Emma Basso (8.0), Elizabeth Coletta (7.7), Christina Tedeschi (7.4), and Mimi Waters (6.80).

The strong performances continued on the next event, the vault. Westergard led the way with a 9.4, followed by Emma Basso (8.5), Brookebank (8.3), Coletta (8.2), Liza

Basso (7.6), and Hayley Risk (7.5).

Despite a slight struggle on the floor, which was minor, Cohasset/Norwell performed admirably. Westergard earned a 9.0, while Coletta scored an 8.2, Brookebank registered a 7.8, Tedeschi received a 7.5, Liza Basso earned a 7.30, and Waters scored a 7.0.

One event that slowed Cohasset/Norwell this season, that was until Tuesday night, was the balance beam. But the girls put in an amazing performance, noted Ardizzone. Westergard scored a 9.6, followed closely by Coletta with



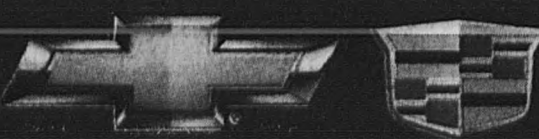
Norwell's Emma Basso on the beam for the combined Cohasset/Norwell team, which set a school record Tuesday by scoring 135.50 points. COURTESY PHOTO

an 8.8, Waters with an 8.3, Emma Basso with an 8.0, Tedeschi with a 7.3, and Danielle Picot with a 7.50.

Westergard won the all-around with a 37.50, and Coletta had a solid all-around performance, earning a 32.90.

Cohasset/Norwell competes Saturday against Hanover (5 p.m. start at the YMCA). Westergard will compete Sunday at the Senior Superbowl, held at the Beverly YMCA at 10 a.m.

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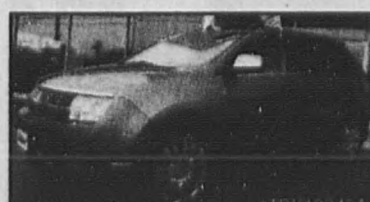
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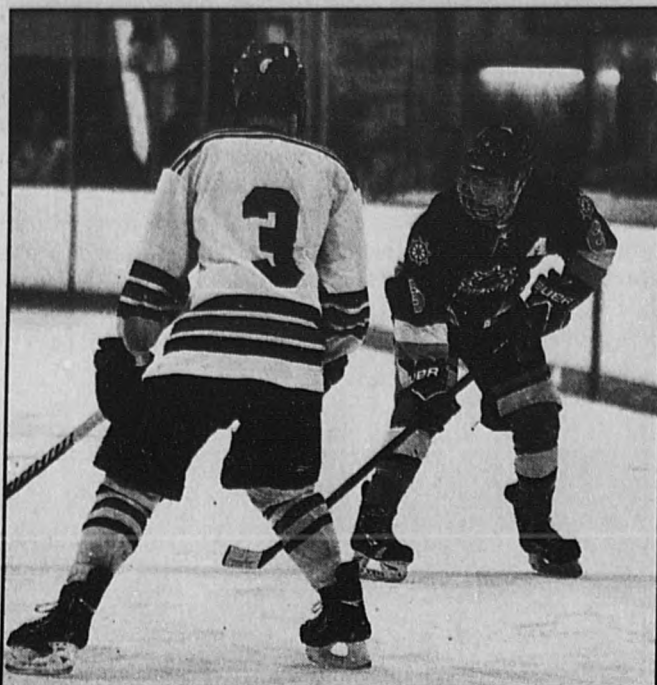
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HOCKEY

Continued from 19

The win improved Cohasset to 6-2 in league play, 11-3 overall, although that number drops to 11-4, 6-3 in league play after Wednesday's 4-2 loss to Middleboro.

"The boys played very well," Cohasset coach Bob Walsh said about Rockland. "Rockland's goalie, is one of the toughest kids to play against. When you score a goal on him you want to keep the puck. He's that good."

Walsh felt good about the win.

"All in all we played three periods of hockey," he said. "We played three lines and put pressure on them. This was a good win. They (Rockland) came in with 18 points. You know they wanted to win."

Looking back at the season, Walsh sees what have been the big factors for the team.

"Right now the boys are playing for each other and they're having fun doing it," Walsh said. "They remember why they couldn't wait for hockey season to start."

The defense has been stingy, and has had that final killer in the net.

"I have two great goal-tenders that push each other to do better," Walsh said of the Brandon Winn/Liam McHugh combination. "Any given night I can put either one in net and know I'm going to get a quality game."

With the win, Cohasset kept its place atop a crowded South Shore League leaderboard.

Walsh expects a fight for the title, and with a playoff invitation wrapped up, is ready.

"The South Shore League is still up for grabs and the boys know that they control their own destiny with the balance of the season and into playoff," Walsh said.

Cohasset played again Wednesday night.

As for the one big setback for Cohasset, a lopsided 8-3 loss to Norwell, Walsh said it was not the norm.

"We went into the Norwell game with six or seven guys sick, one case of pneumonia and a number of various injuries," he said. "After Norwell beat us 8-3, we were fortunate to go with a ten day break

from games. The break gave us an opportunity to get healthy and to refocus as a team. We had some really good practices and team meetings and we came back playing two strong games with Liam McHugh in net. Those were the two games we needed to guarantee a playoff berth."

Cohasset had a tough night Wednesday.

"As for Wednesday night, we lost to Middleboro 4-2," Walsh said. "We didn't really play well. Cody Braga from Middleboro was outstanding and a strong player scoring three of Middleboro's goals. Middleboro's goalie did an outstanding job."

Penalties were a factor. "Our biggest problem was we couldn't stay out of the penalty box giving Middleboro three power play goals," he said. "My boys just couldn't get on the same page last night and it might have cost them an opportunity to win the SSL."

Cohasset plays Norwell on Saturday night at Weymouth's Connell Rink.

Cohasset goalie Brandon Winn comes out of net for a save during Cohasset's 5-2 win over Rockland on Saturday at Rockland Ice rink. PHOTOS/WILLIAM WASSERSUG

(Left) Cohasset's Colin Whelan keeps an eye on the puck during Saturday's 5-2 win over Rockland on Saturday.



Cohasset's Jeff Powers controls the puck during the Skippers' 5-2 win over Rockland on Saturday.

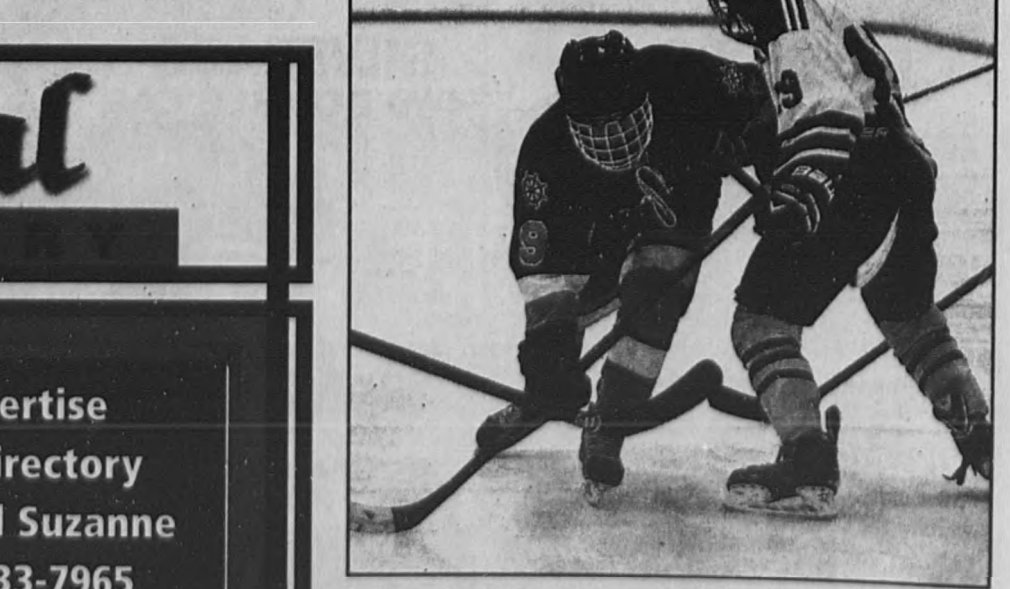


Cohasset's Cole Joslin

(Left) Cohasset's Chris Lund gets back into the action after dishing out a hit on a Rockland player on Saturday.

(Below) Cohasset's Colin Whelan battles for possession during Saturday's 5-2 win over Rockland on Saturday.

(Left) Adam Benson battles through a faceoff.



Cohasset's Adam Benson controls the faceoff.

Professional

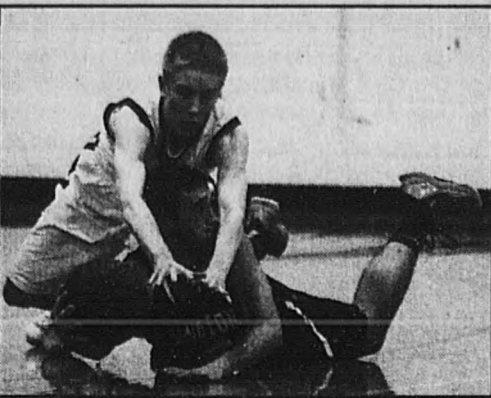
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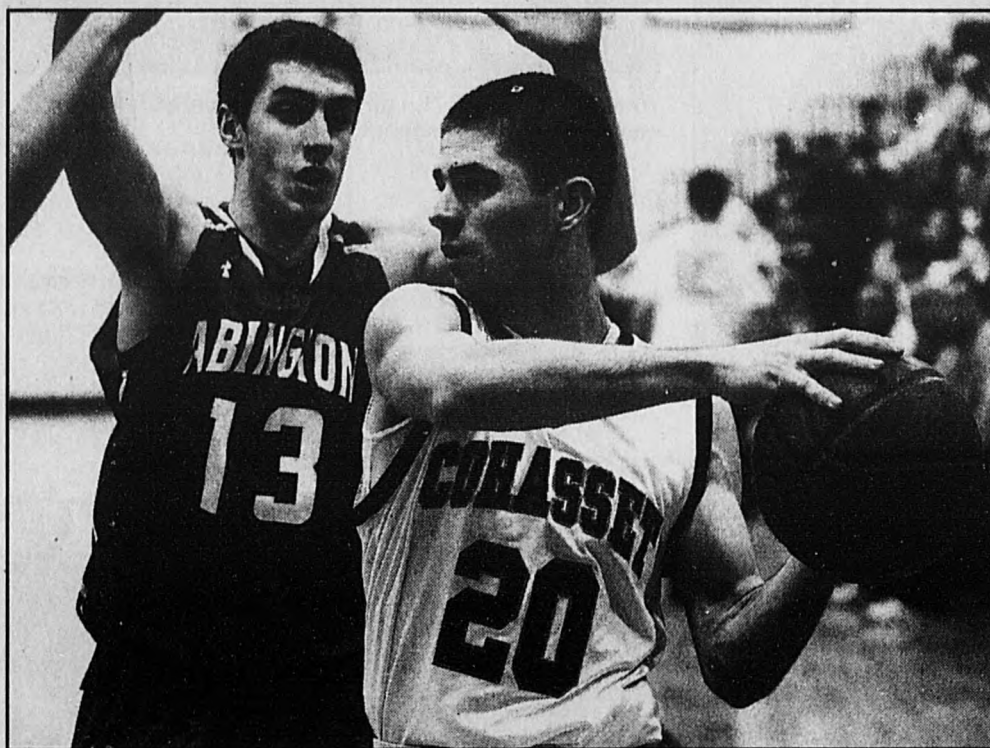
Cohasset co-captain, Chris Haggerty.



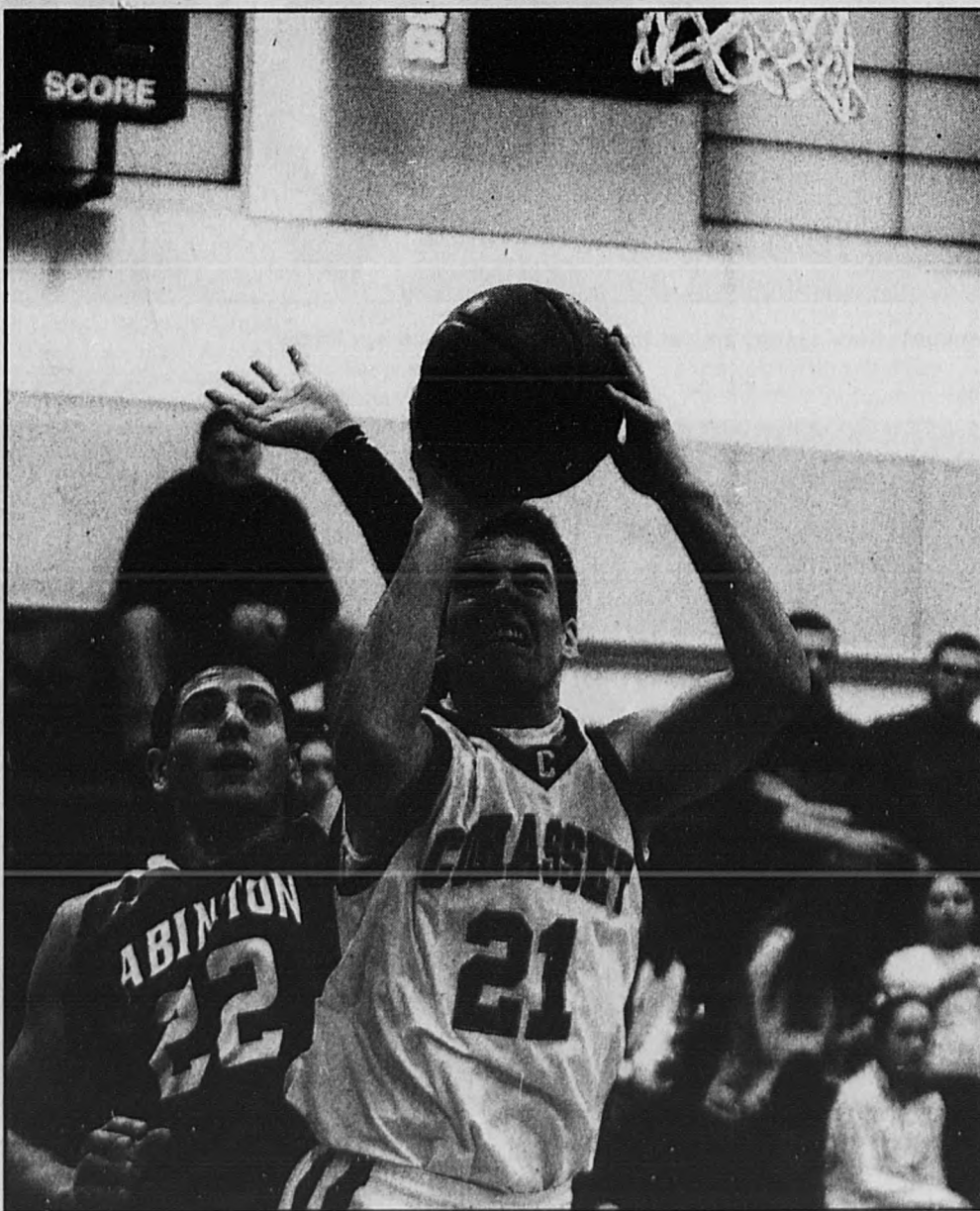
Teddy Craven battles for the loose ball with Abington's Ryan Marino during a game between Cohasset and Abington at Cohasset High School on Friday.



Jack Donohue looks to hold off Abington's Ryan Marino during a game between Cohasset and Abington at Cohasset High School on Friday.



Alex Nagle holds up Cohasset's Chris Haggerty as Abington staged a second-half comeback, reducing their 23 point first-half deficit to 10 points by the end of the game during a game between Cohasset and Abington at Cohasset High School on Friday.



Cohasset co-captain, Chris Haggerty. STAFF PHOTOS/MARK GARDNER

WRESTLING

Continued from 19

great individual matches. Most of the matches were very close even if the ended in a pin. The meet started with 8th graders Mike Nolan and Noah Froio winning the first to weight classes by decision at 106 and 113.

Freshman Xander Schubert got a big win at 120 as he has now won 6 of his last 8 including a win against Hingham.

126 Harry Helbock started the senior winning way and 160 Skolnick, 170 Nolan and 195 Maher all recorded wins. 140 Sophomore Sean Mavilia and 170 Junior Matt Froio continued their strong season's with wins. 134 Sophomore Cole Sullivan continues to pin for his wins.

First year wrestler 152 Sophomore Luke O'Brien notch his first varsity win under the new mat light.

The new light was a big hit as it shines brightly on the mats

wrestling circle with the rest of the gym is dimly light.

Cohasset host Norwell on Tuesday February 4 at 7 pm.

Cohasset is one of 16 teams to qualify for the State Dual meet Championships on February 8 in Wakefield.

Cohasset will finally host the Division 3 South Sectionals on February 15th were the top 4 wrestlers in each weight class will qualify for the D3 State tournament in Foxboro on February 21st and 22nd.

HOCKEY

Whalers blank Crusaders

South Coastal Hockey League roundup

By Mark Ducharme
Correspondent

The Whalers have struggled in the first three games of their South Coast Hockey League Legends Div. schedule, but they have had success against the Crusaders.

The success continued as the Whalers, who scored three goals in their first three games scored three by three different goal scorers in their 3-0 win over the Crusaders. The Whalers with the win are 12-1 in their last 14 games against the Crusaders.

Mike Rober of Norwell had a goal and assist while Tom MacInnes and Duxbury's Kevin Mackin added a goal each while Barry Kaiser had 14 saves for the shutout.

Hanover's Mike Murphy

scored with 1:31 left in the game to break a 2-2 tie and give the Sharks a 3-2 Legends Div. win over the Saints. Jay Faherty scored the other two goals for the Sharks, Jonathan Graham and Paul Murphy scored the goals for Saints.

Hingham's Mark Hallal scored two goals and Paul Smyth added a goal to lead the Stingers to a 3-1 win over the Toros in a Legends Div. game.

James Ward of Norwell scored the goal for the Toros in the second period.

Pembroke's Brian Hurcombe scored three goals and Rick Welch recorded his second straight shutout in the Red Wings, 6-0 Classics Div. win. John Guilderson added two goals and Ron DiCecca of Marshfield had one goal and an assist. Steve Figioli and Scituate's Mike Evensen had two assists each for the Wings.

Joe McCafferty and Jim Bristol both scored a goal and assisted on another for the Maple Leafs in their 3-1 Classics Div. win over the Black Hawks. Jeff Gauthier scored the other goal for the Maple Leafs and Kevin Ryan scored the Black Hawks goal in the second period.

Marshfield's Glen Hamisch scored two goals while Tim McCrystal of Duxbury and Pembroke's Bob McCabe added a goal and an assist each in the Canadiens 6-3 win over the Rangers in a Classic Div. contest.

Kirk Souza and Tom Powers added a goal each for the Canadiens. Marshfield's Tom Lema and Pembroke's Sean Keegan had two assists each.

John Sances scored two goals, Bob Bibeau scored one goal and Lou Sideropoulos had two assists for the Rangers.

ROAD RACE

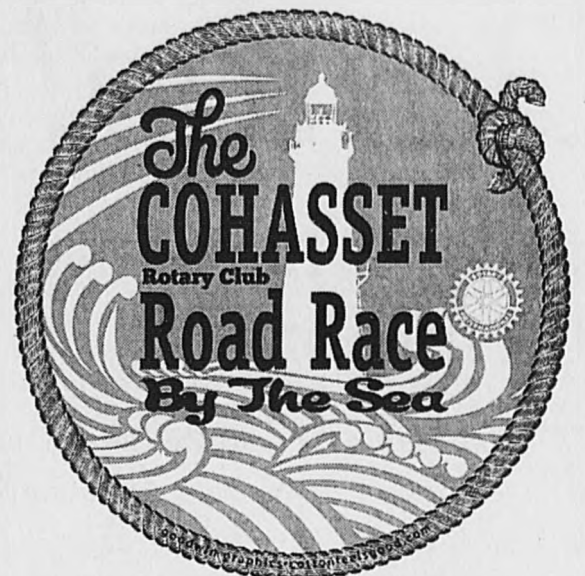
38th Annual Cohasset Road Race by the Sea

Registration open

On Sunday, April 6th, a 38 year old Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset. For some runners, it's the first race of the season and for others, it's their last warm up before the Boston Marathon. No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot. The walk follows the road race route however it starts and ends at the beach.

The \$30 registration fee will increase to \$35 on March 15, so avoid the fee and ensure the fun.



E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank 2013 Banner Sponsors, RW Rosano, Graham Waste Serv-

ices, ColoSpace, Suburban Contract Cleaning, Inc. and Pilgrim Bank for their generosity and partnership.

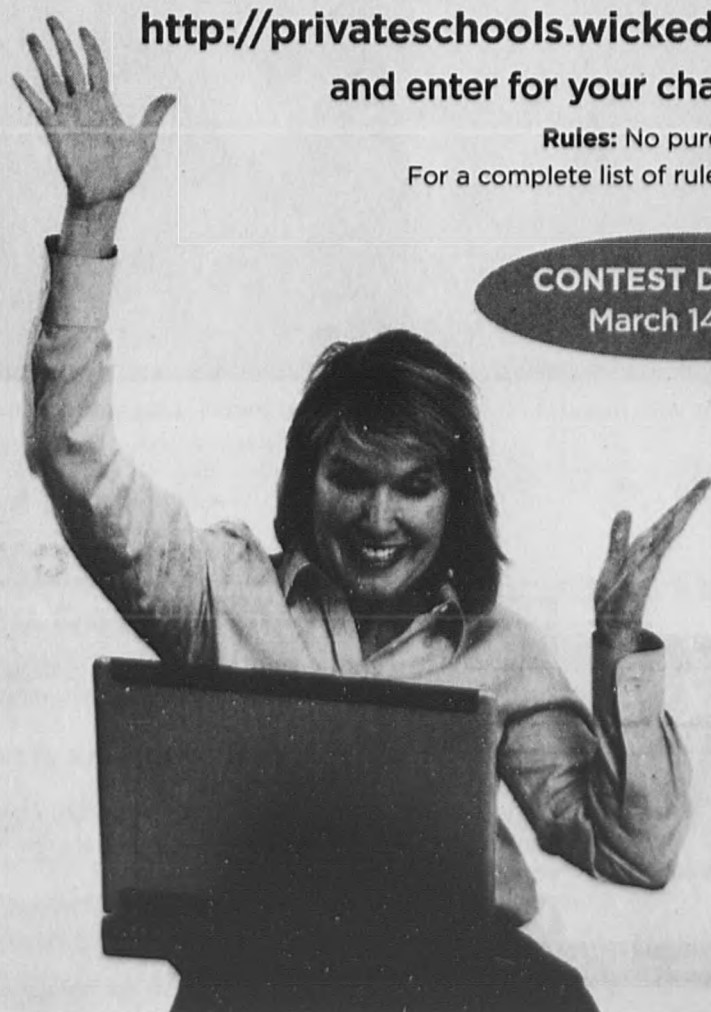
Register at roadracebythesea.com "Like" us on facebook.

ENTER FOR
A CHANCE TO
WIN
\$5,000
TOWARDS YOUR
CHILD'S TUITION!

Simply go to
<http://privateschools.wickedlocal.com>
and enter for your chance to win!

Rules: No purchase necessary.
For a complete list of rules visit us online.

CONTEST DEADLINE
March 14, 2014



WICKED
LOCAL

Prize money can only be used for a school that advertised in the Preparing for Private School special section.



No Mardi Gras event would be complete without masks and a picture to remember the night.



Jackie Driscoll (left) and Caroline Prescott ham it up for the camera during the CHS Mardi Gras Semi-Formal Dance held Friday, Jan. 24, at Town Hall.

Dance!

Students have fun at semi-formal

Town Hall last Friday was turned into a Mardi-Gras themed celebration for the annual CHS semi-formal.



Students don't want to forget the semi-formal so many photos were snapped on cell phones throughout the evening.



Who needs shoes? The girls soon discovered it is a lot more fun to dance without them.

ONLY ONLINE

Check out these photos in color, online at: wickedlocalcohasset.com



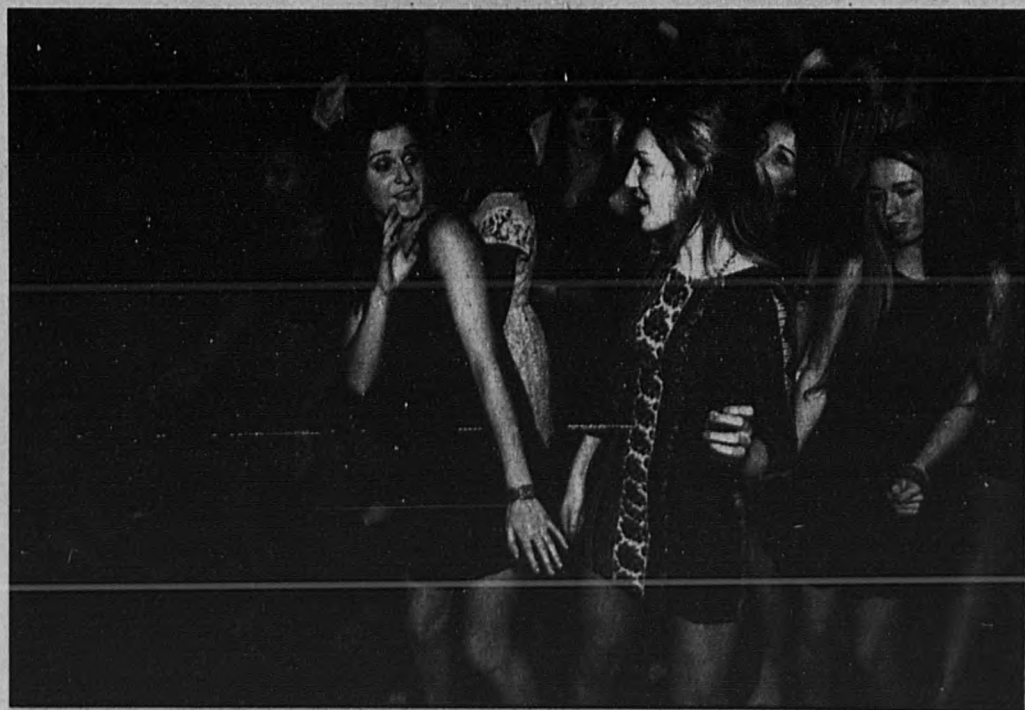
(From left) Tommy Powers, Katherine Naughton, Matthew MacCormack, and Tim Cavanaro are members of the committee that organized the semi-formal with a Mardi Gras theme.



Students have a great time at the semi-formal dance last Friday.



Can you find yourself or your friends in the photo? Everyone seems to be having a great time!



Students dance to the music at the semi-formal last Friday.

Photos by K. A. MacDonald

WICKED LOCAL

www.wickedlocalcohasset.com

FREEZE FRAME: Send us your winter fun/snow shots!

2014 is off to a snowy start! Whether you're digging out, sliding down your favorite sledding hill or snowblowing the driveway, show us how you're weathering this winter by sending us your snow/winter fun photos.

No snow? Send us photos of the winter fun you're having without the white stuff.

Please include a caption, identifying people in the photos and the location where it was taken. We'll publish your winter pics on the Your News page of your weekly newspaper and post them in online photo galleries on your Wicked Local website.

How to submit: Log on to your Wicked Local website, click on the headline "FREEZE FRAME: Send in your winter fun/snow shots!" and click the link that reads: Send us your winter fun photos.



CONGREGATION SHA'ARAY SHALOM

Looking for calorie free 'Taste?'

By Rabbi Shira Joseph and Cantor Steven Weiss
Special to the Mariner

"Taste of what?" you might ask. "A Taste of Judaism." On three consecutive Tuesdays, beginning on Feb. 4, at 7:30 p.m., the synagogue community and the community at large will have a unique opportunity to study the foundations of Judaism. This program is tailored to speak to Jews who would like a refresher course, interfaith families to better understand a partner's faith, and Christians who would like an overview as of what Jews believe. Each session stands on its own. Together we will explore the three major concepts of Judaism - God, Torah and Israel, both the people Israel - that is Jews, and the land of Israel. We affectionately refer to these three as our Jewish trinity.

• Session 1: Feb. 4 - God: God's existence is taken as axiomatic. Belief in God is central. The primary statement of Jewish faith is Deuteronomy 6:4 called the Sh'ma, the first Hebrew word. It says: "Hear, O Israel, the Lord is our God, the Lord is One." This statement means several things: 1) There is only one God, not many as the pagans believed. No other being participated in creation. 2) God is whole complete, indivisible, and cannot be adequately described in human terms. 3) God is the only one to whom we offer praise, God is One meaning God alone, only God.

• Session 2: Feb. 11 - Torah: Torah is known as the five books of Moses but is expansive to include the entire Tanakh. This is an acronym for Torah, Neviim (prophets) and Ketuvim (writings), our Hebrew bible. Old Testament is sim-

ilar to our Tanakh but the books are in different order, verses are different and some translations are different. The essential meaning of Torah is not law, as it has often been translated, but rather instruction or direction. God has revealed the divine will to humanity and it is to be discovered in the Torah through deep study and exploration. Studying is perhaps the most essential Jewish act. The ancient rabbi said that in studying Torah (inclusive of all of Jewish learning) we are searching to understand what it is that God would have us do. They said that such study leads to action.

• Session 3: Feb. 18 - Israel: Israel - the land promised to Abraham, named after Jacob-Israel and felt to be a place of special sanctity and possibility. A land flowing with "milk and honey." The people Israel are the descendants of Jacob and

those who have chosen to join themselves to the Jewish people by conversion. Jews have lived in the land for over 3200 years. The people Israel have a unique relationship with God, which was sealed in the covenant at Sinai. Stated several times - "You will be my people and I will be your God."

Judaism is a comprehensive way of life affecting every aspect of living - waking to sleeping, birth to death, all facets of relationships family, friends, business, strangers, everyday functions and special life events.

Come broaden your knowledge and join us for a "Taste of Judaism." No calories, we promise.

The series will take place at Congregation Sha'aray Shalom, 1112 Main St., Hingham. For more information, call 781-749-8103

INTERFAITH LECTURE SERIES

'Finding a Voice: Musicians in Terezín'

Glastonbury Abbey will host the fourth talk of its Listening to other Voices interfaith lecture series. On Thursday, Feb. 13, Mark Ludwig will present: Finding a Voice: Musicians in Terezín.

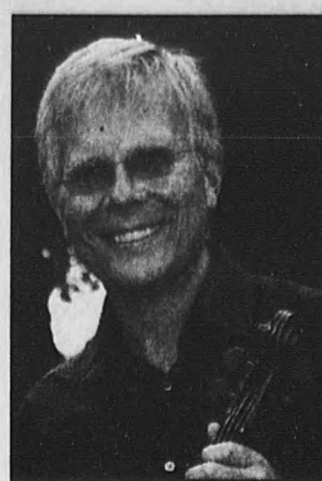
The musicians in Terezín, the Nazi prison camp, cannot speak for themselves. They perished in the gas chambers of Auschwitz.

For 25 years, Ludwig has worked to bring those voices to the world. In 1991, he founded the Terezín Music Foundation - a nonprofit organization dedicated to "preserving the musical legacy of composers lost in the Holocaust and fulfilling their unrealized artistic and mentoring roles with new commissions by emerging composers."

Ludwig is a tenured violinist with the Boston Symphony Orchestra. He has blended his musical career with social causes promoting tolerance. He will explore how being a Holocaust music scholar inspired his work in inter-faith dialogue, in combating issues of intolerance and censorship, and in helping others find their voices.

A Fulbright scholar of the Terezín composers, Ludwig also is an author and has created a Holocaust curriculum for schools. Since 2001 he has been adjunct professor at Boston College, teaching the course Art and Music during the Holocaust and Third Reich.

He will be speaking in the Glastonbury Abbey Confer-



Mark Ludwig has blended his musical career with social causes promoting tolerance. COURTESY PHOTO

He will explore how being a Holocaust music scholar inspired his work in inter-faith dialogue, in combating issues of intolerance and censorship...

ence Center, 20 Hull St., Hingham, at 7:15 p.m. Seating is limited and on a first-come, first-seated basis. The talk is free and open to the public, but donations are gratefully accepted. All are welcome.

The Listening to Other Voices Lecture Series, now in its 15th year, is part of the Monks' ongoing commitment to inter-religious dialogue. This year's theme is Profiles in Spiritual Courage. Information can be found at www.glastonburyabbey.org.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Peter E. Flaherty

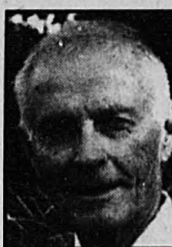
COHASSET - Peter E. Flaherty, 70, of Cohasset, passed away peacefully at the Hospice Home in Hingham, Jan. 23, 2014.

Pete was the proud father of Jennifer (Flaherty) Lopes and her husband Tim of Scituate, Ned Flaherty and his wife Rosemary of Duxbury and Catherine (Flaherty) Wolfe and her husband Jimmy of Scituate; and grandchildren, Allie, Nate, Brennan, Ani, Charles, Kaylee and Charlotte. Grateful to have shared years of joy together with the love of his life, Joanna Chicko of Scituate, formerly of Norwell. He is survived by his sister, Barbara Geohegan and her husband Jack of Sandwich; as well as nieces and nephew, JoAnna, John and Mary. He was predeceased by his parents, Edward and Stella (Stapinsky) Flaherty, and sister, Carol Casey.

Raised in Milton, his early years at Boston College High School and Boston College were a prelude to the man he would become.

He was a longtime teacher in the Norwell Public School system.

Though few knew,



Peter E. Flaherty

he quietly lived his life by Louis L'Amour's description of a man: "He was the kind of man who if you got into trouble you didn't look back to see if he was with you - you knew damn well he was."

Reflective by nature, he often spoke of gratitude for the life he lived, the opportunities afforded him, the ideas and people he was exposed to and for the legacy of his children.

His wishes were to be cremated with no wake or funeral and to have his ashes spread at sea, where he was most at ease.

Friends and family are welcome to join in a celebration of his life anytime between 1-4 p.m. Feb. 15, at the Lightkeepers House (Bancroft Hall), 15 Lighthouse Lane, Cohasset, MA.

In lieu of flowers, donations may be made to the attention of the Hospice Residence, Norwell VNA and Hospice, 120 Longwater Drive, Norwell, MA 02061.

WORSHIP GUIDE

Beechwood Congregational Church, 51 Church Street in Cohasset, holds Sunday morning worship service at 9:30 guided by Pastor Matt Dorn. Youth ministry is offered during service. Also, a men's Bible study with free breakfast is open to the public Thursday mornings at the church at 6:45 a.m. Starting June 7, enjoy the new "Ground Level Coffeehouse" with live music at 7 p.m. on the first Friday of each month. For more information see beechwoodcc.org.

First Parish Unitarian Universalist on Cohasset Common, 23 North Main St. (Parish House), 781-383-1100. www.firstparishcohasset.org Pastor is the Reverend Jill Cowie; RE Director Laura Hastings; **Music Director: Alegra Martin. Organist: Sylvia Berry.** Parish Administrator: Sandy Bailey. Parish Committee Chair: Jane Goedecke.

We welcome all to our inclusive spiritual community. We affirm our Unitarian Universalist Principles and put them into action by worshipping together, caring for one another, and working for a safe, just, and sustainable world. Worship services are held at 10 a.m. on Sundays.

Nativity of the Virgin Mary Church, 811 Jerusalem Road, 781-383-6380. Father Constantine Cambas. Office hours are 9 a.m. to 1 p.m. Denomination: Greek Orthodox. Sunday Services: Matins 9 a.m. Divine Liturgy: 10 a.m. Liberal use of English language. Sunday Church School 11:15 a.m. Fellowship hour follows Liturgy; Children's Sermon Sundays; Weekday services during Holy Great Lent: Wednesdays: Pre-sanctified Divine Liturgy at 7 p.m.; Friday: The Akathist Hymn, 7:30 p.m.; Bible Study: Wednesdays, 8 p.m. Greek language school: Mondays and Fridays, from 4 to 5:30 p.m.

St. Anthony Roman Catholic Church is at 129 South Main St., Cohasset. Pastor is the Rev. John R. Mulvehill. Permanent Deacon is Paul Rooney. Weekday Masses: Monday through Friday, 7 a.m. and Saturdays, 8 a.m. Weekend Masses: Saturdays, 5 p.m.; and Sundays, 8 a.m., 9:30 and 11:30 a.m. Coffee and fellowship in the Parish Center follows the 8 a.m. Sunday Masses. Sacrament of Reconciliation (confessions): Saturdays, from 4:15 to 4:45 p.m., and by request. First Friday of the month: Morning Mass at 7 a.m.; Adoration and Benediction from 7:30 a.m. to noon; Mass at noon. For information on parish events, call 781-383-0219. For religious education information call 781-383-0630. For more information, visit the Web site at saintanthonycohasset.org.

Grants for social, ecological justice projects

Old Ship Church in Hingham is offering small grants to nonprofit organizations for projects that support social and ecological justice. Applicants may contact the Old Ship Office at 781-749-1679 or at: office@oldshipchurch.org, for an application packet.

Those interested in receiving more information are welcome to contact Maggie Merrill, Old Ship Church committee member via email at maggiemerrill@oldshipchurch.org

gmail.com. Applications are available at the Old Ship Church website: [oldshipchurch.org/social-outreach-grant-application-form.html] Hard copies can be obtained at posted hours at the Old Ship Church office at 107 Main St., Hingham.

The deadline for the return of completed applications is Friday March 7. Grants are expected to be awarded in June 2014.

Applicant organizations must be 501(c)(3) organizations.

Second Congregational Church

Second Congregational Church, 43 Highland Ave. If you live on the South Shore and you're looking for a church home we encourage you to join us on Sunday mornings. September through mid June: Service (with choir) begins at 10 am in the sanctuary with Nursery care and Sunday School for age's pre-K through 8th grade. Immediately following the 10am service you're invited to a coffee-fellowship hour in Bates Hall. Youth groups for middle and senior high school children are available. We are an open, welcoming church family. We enjoy periodic book/Bible/topical discussion groups in addition to annual church wide events such as the Strawberry Festival, Christmas Craft Fair, Quilt Show and Appalachia Service Project.

For more information please call us at 781-383-0345 or visit us on line at www.2ndcc.org

St. Stephen's Episcopal Church

St. Stephen's Episcopal Church is an inclusive, Christ-centered community committed to exploring the intersection of our faith and our lives. We invite you to join us on Sunday mornings and through a variety of special programs during the week. All are welcome to worship God with us at St. Stephen's! AA meets four times a week at St. Stephen's: Sundays at 7 p.m., there is a Closed Big Book Study. Tuesdays there is a Women's step meeting at 6:30p.m. and a closed discussion meeting at 8 p.m. Fridays at 7 p.m. there is a Beginner's meeting. All meetings take place in the Watermelon Room at the church office. Please call the church office at (781) 383-1083 or visit ststephenscohasset.org for more information.

Vedanta Centre, 130 Beechwood St., 781-383-0940. Denomination: Vedanta, an Indian philosophy which honors all world religions. Clergy: Rev. Dr. Susan Schrager. Sunday morning, 11 a.m. Refreshments and fellowship after the service. Thursday Meditation and Study Class from 7 to 8 p.m.

Glastonbury Abbey: 16 Hull St.; 781-749-2155; glastonburyabbey.org. Masses and Worship: All are welcome! Monday through Saturday: 6:30 a.m. - Vigils (end of night

prayer), 7:45 a.m. - Lauds (morning praise), 12 noon - Mass, 5:15 p.m. - Vespers (evening prayer), 7:45 p.m. - Compline (night prayer); Sundays: 6:30 a.m. - Vigils, 7:45 a.m. - Lauds, 9:30 a.m. - Mass, 12:45 p.m. - Midday Prayer, 5:15 p.m. - Vespers, 7:45 p.m. - Compline. CHANGE TO REGULAR SCHEDULE: Tuesday, February 4, Compline at 7:15 p.m.

Upcoming events:

SPIRITUAL ENRICHMENT: Feb. 11, 18 & 25, 6:30 p.m.

"Celtic Spirituality: A Sacred Tradition, A Vision of Hope."

Fr. Timothy J. Joyce, OSB, STL, will lead this three-week survey of the Celtic Christian tradition, the riches of this mystical, musical, holistic and nature-based spirituality will be discussed. Suggested donation \$20. No reservation required.

LECTURE SERIES: Feb. 13, 7:15 p.m. "Finding a Voice: Musicians in Terezín" Mark Ludwig, Holocaust Scholar, BSO Musician & Activist, Founding Director of the Terezín Music Foundation. The musicians in Terezín, the Nazi prison camp, cannot speak for themselves. They perished in the gas chambers of Auschwitz. Mark Ludwig has for 25 years worked to bring those voices to the world. He will share the history and music of Terezín composers as he describes his journey. Free (donations accepted). All are welcome! Seating is first-come, first-seated. Please join us for spiritual sustenance!! Call 781-749-2155 ext.200 with any questions.

Congregation Sha'aray Shalom

is at 1112 Main St.. For information, call 781-749-8103 or visit the website at www.shaaray.org. Denomination: Reform Jewish, welcoming unaffiliated interfaith families and those with a more traditional background. Rabbi Shira Joseph; Cantor Steven Weiss.

Church of Jesus Christ of Latter-Day Saints

379 Gardner St. Denomination: Mormon; Contact: Bishop Rob Westergard, Norwell, 781-987-1004 or the Hingham building 781-749-4869.

Sunday meetings: 10 a.m. to 1 p.m. (Infants are welcome.) Sacrament meeting, 11-12 Sunday school and 12-1p.m. Priesthood, Relief Society, Young Men's and Young

Woman's and Primary. A Web site for more information is www.mormon.org

First Church of Christ, Scientist

386 Main St. Denomination: Christian Science (781-741-2874).

Regular services: Sundays at 10:30 a.m., and the Wednesday Evening service starts at 7:30 pm. Please enter at the Sunday School entrance at the back of the church, 386 Main St. Phone: (781) 749-2874

If you'd like to read the Bible or Christian Science literature, please visit our Reading Room at 35 Station Street (call 781-749-1172 for hours) or go online to spirituality.com.

First Baptist Church

85 Main St. (corner of Elm and Main); 781-749-2516; e-mail: fbc.hingham@verizon.net; Denomination: American Baptist Churches USA; the Rev. Gary T. Ludwig, pastor; Sunday 10 a.m. worship; children dismissed for last half of adult service to attend junior church; children and visitors are very welcomed; coffee, refreshments, and fellowship in Memorial Hall following worship. Visit our Web site: www.firstbaptistchurchhingham.org for more details on all activities and ministries. Come meet us; we believe you will feel comfortable here.

South Shore Baptist Church

578 Main St., 781-749-2592; denomination: Baptist; Sr. Pastor, Jeramie Rinne, Associate Pastors, Seth Rogers and Godwin Sathianathan. Office hours: Monday-Thursday, 9 a.m.-5 p.m. Visit: southshorebaptist.com. Sunday worship services at 8:15 a.m. and 11 a.m. Sunday School for all ages at 9:45 a.m. Our current sermon series is 1 Corinthians.

Nursery care is available during worship services. Children ages 4 years to Grade 2 are dismissed before the sermon for Children's Church.

South Shore Baptist Church exists to glorify God by worshipping Him and by making disciples for Christ. We strive to preach the Bible faithfully, be a loving church community, be persistent in prayer, and have a concern for people to know Jesus both locally and globally.

Changes to the worship guide, may be sent by e-mail to mford@wickedlocal.com

Send your worship news to mford@cnc.com

News hotline - 781-741-2933

Fax your news to 781-741-2931

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details



Ella Lynch (L) and Bridget Nussbaum (R) have answers for meteorologist Joe Joyce.



Meteorologist Joe Joyce entertains and educates Osgood School first-graders.

Weather wonders



First-graders Brin Abate (L) and Abbie Goff (R) make the sign for weather as fellow first graders settle in for a visit from weather man Joe Joyce.

Joe Joyce visits first graders

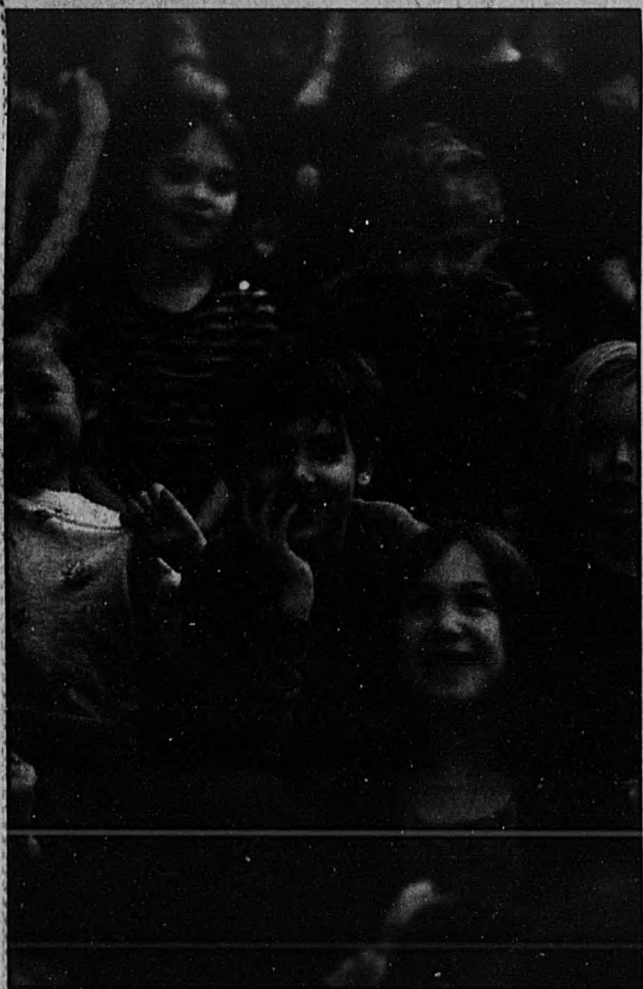
The Osgood School welcomed Cohasset's favorite meteorologist Joe Joyce to the school last Friday. The children had a great time hearing Joyce talk about everything weather! The presentation ended with a question-and-answer session. Joyce, who covers weather for NECN, has been a meteorologist for 18 years. Joyce donated his time to Osgood and the Cohasset PSO is very appreciative of that!

Staff photos by Chris Bernstein

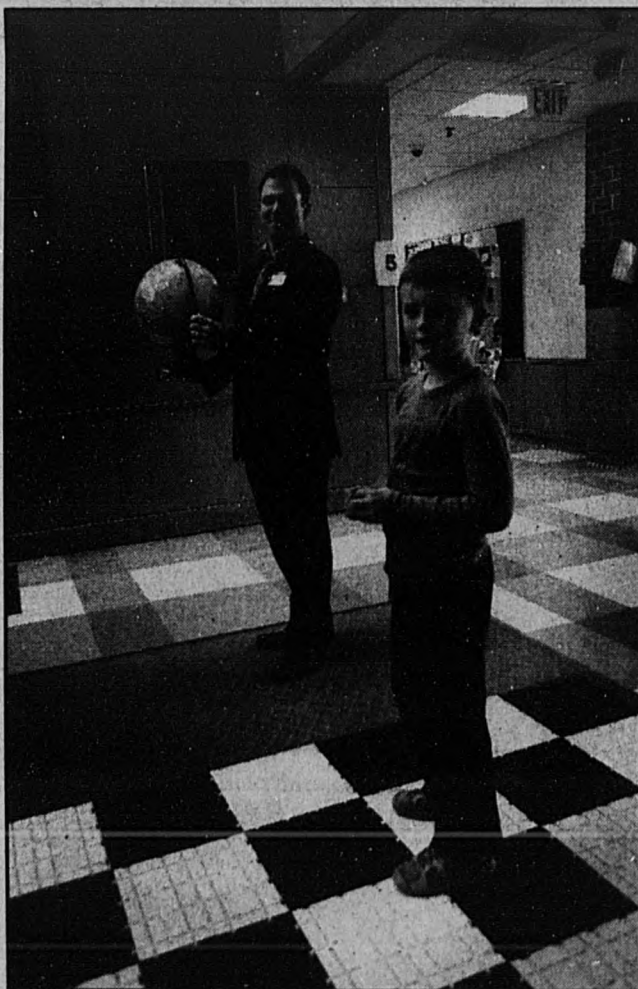
Check out these photos in color, online at: wickedlocalcohasset.com



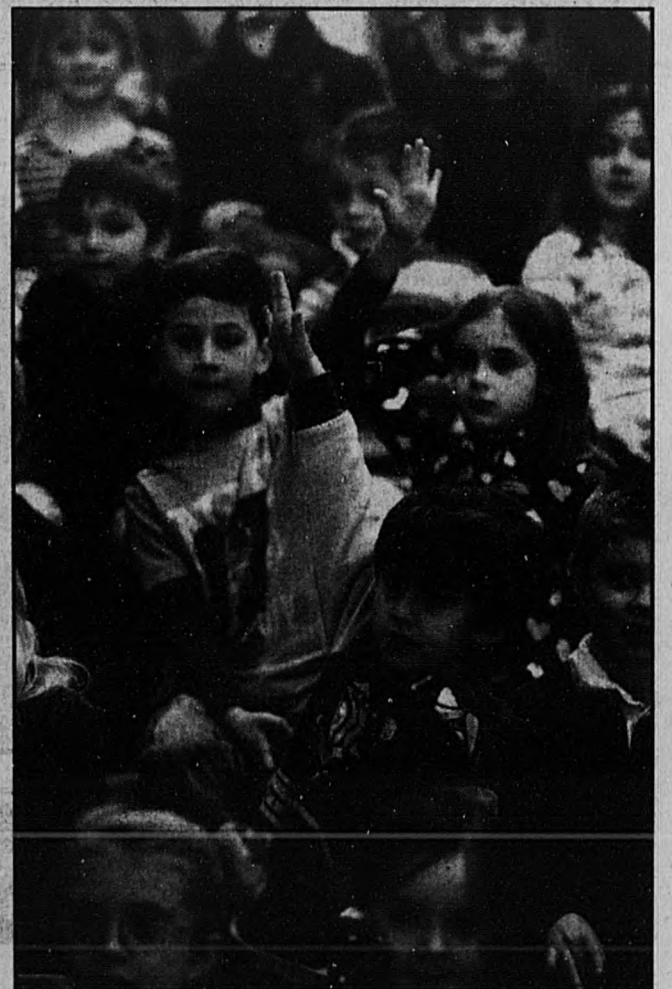
Joe Joyce educates Osgood first-graders all about meteorology.



Carter Carroll (center) is intrigued by the program.



Volunteer Jack Hartwell is the sun (R) with meteorologist Joe Joyce and the earth orbiting around him!



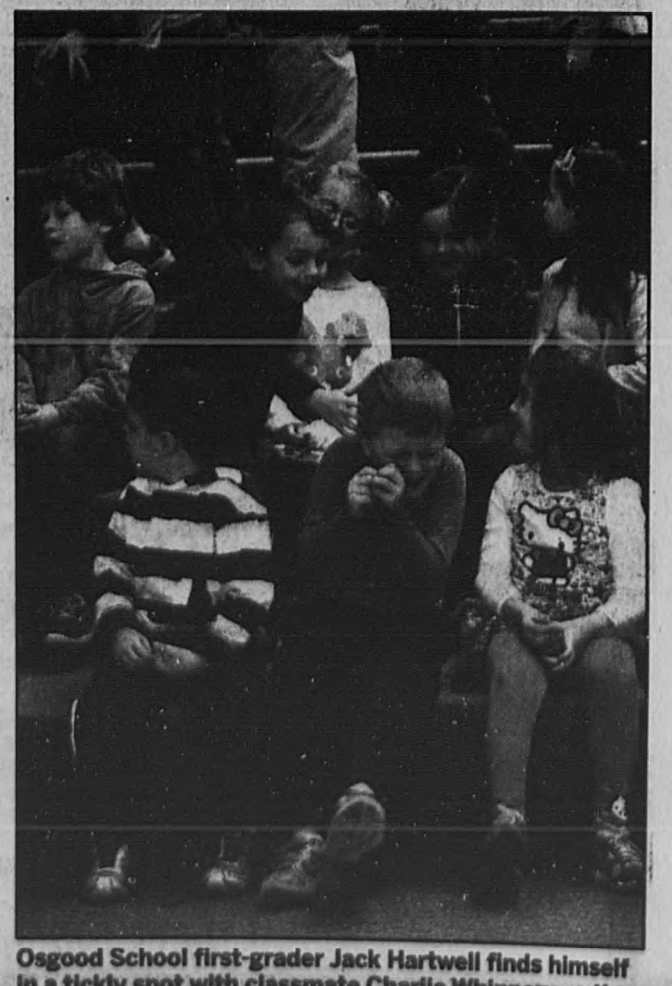
Clockwise from lower center, Sammy Mazer, J. P. Giglio, and Grace McGowan have hands in the air with questions about clouds.



Caroline Struzziero is all excited about clouds!



Amidst the falling Osgood School snowflakes, 1st grader Addison Marshak has a question.



Osgood School first-grader Jack Hartwell finds himself in a ticky spot with classmate Charlie Whinnery as they assemble for their special guest NECN weatherman Joe Joyce.

HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2014

Not just a beautiful smile

Good dental care can improve your health

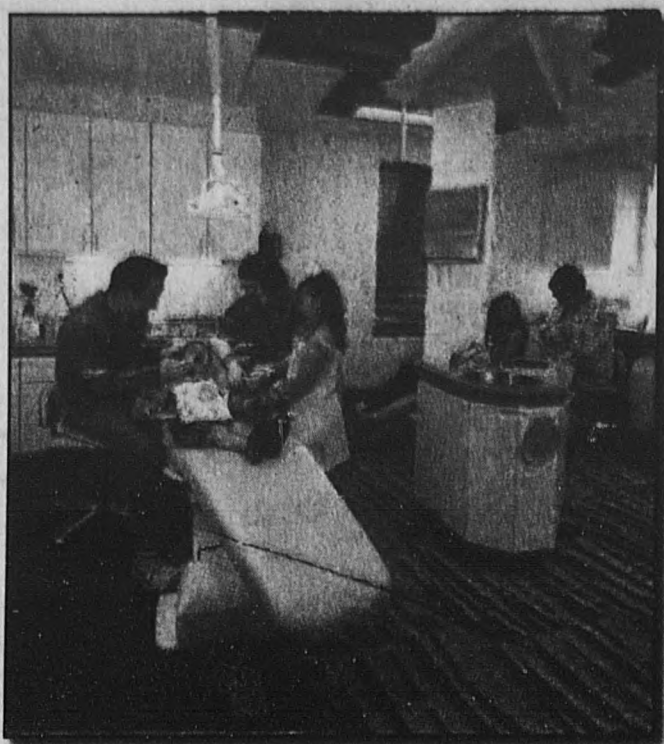
By Kellie K. Speed
Correspondent

As adults, we all know the importance of getting regular dental cleanings. No one admittedly loves going to the dentist but having healthy teeth and gums is one of the best ways of making sure your overall health is at its best. A healthy smile comes from good oral hygiene, which can lead to a healthier you. To get on a healthy track early in life, dentists recommend seeing young patients before the age of 1 year old.

"We usually recommend what the ADA says, which is having a child be seen by a dentist within the first six months of a tooth eruption," Diane Sullivan, practice manager at Dentistry for Children in Weymouth, said. "This visit really is an education visit for mom so we can talk about getting kids in early and how to brush their teeth. Usually the first check-up after that is done around age three. This varies and could be done earlier depending on the child. Cleanings for children, like adults, should be done every six months from there on. If you bring your child in early, we can see early detections of issues like teeth crowding at an early age."

Jim Fukuda D.M.D., of Dentistry for Children in Weymouth, believes it is important for children to be seen at least once by age 1.

"It's like going to a pediatrician for a well-child visit," he said. "It's more for preventative



Usually by age 3 children can sit for a full cleaning and fluoride treatment. After that, Jim Fukuda D.M.D., of Dentistry for Children in Weymouth, recommends regular cleanings every six months because, for kids, cavities can get big quickly. PHOTO COURTESY OF DENTISTRY FOR CHILDREN

care. We review the home care, like pacifier use and not putting the child to bed with a bottle. Usually by age 3, they can sit in the chair for a full cleaning and fluoride treatment. From there, we recommend regular cleanings every six months because, for kids, cavities can get big quickly, more so than adults, so it's important to keep regular checkups to be sure the children's teeth and gums are healthy."

Poor oral health has been shown to later lead to other health complications like heart disease and digestive issues. To prevent this, practice good oral hygiene at home. Brush your teeth for up to three minutes

twice a day using fluoridated toothpaste (an electric toothbrush works best). Follow that routine up with an intense flossing to be sure that you remove plaque buildup.

"We start patients typically around 3 years old so they get familiarized with how to clean their teeth properly," Kim Nawoichik, certified dental assistant at Artistic Dentistry of Hanover, said. "We promote good oral health in the school systems and, in the month of February, we see about 1,200 kids in the schools in pre-school and first grade. We teach them it's OK to come to the dentist and it's not scary. It should be a positive environ-

ment for them. We promote fluoride in teeth and also offer dental sealants so the teeth are actually sealed so decay can't get into the groove of the teeth. Another thing we offer are sports mouthguards that not only aid in protecting teeth but help prevent concussions."

If your gums start to bleed when you are flossing, continue to floss regularly until they stop. "Bacteria in the gums can affect a person's overall health," Lisa Bracken, dental hygienist at Incredible Dental of Avon, said. "If you have moderate to severe periodontal disease, it can get into the bloodstream, which can affect the heart. Going to the dentist early will prevent further long-term issues. Studies have found that when there is a buildup of plaque in the arteries, some of it has been determined to be dental plaque. With diabetes, it can really affect the gums as it is harder to stabilize the blood sugar levels. The most important factor to having healthy gums is flossing. There is an area between the gums known as col, which is the weakest area of the gums so it is important to really get in there and floss. A lot of people shy away if they see blood, but flossing even more will make the gums healthier. Antibacterial mouthwash is also a good way to help kill more bacteria."

Be sure to eat a healthy diet that is not laden with sugar to prevent further gum disease and deterioration. Avoid smoking cigarettes, which can lead to health issues such as oral cancer. Most importantly, maintain regular dental checkups as the best way to detect early signs of periodontal disease.

Time to unwind

Taking time to relax can have long-term benefits

By Kellie K. Speed
Correspondent

In today's everyday harried lifestyle, with the hustle and bustle of juggling the kids' schedules and finding a happy balance between work and play, it can almost become overwhelming (not to mention nearly impossible) to find time to just relax and enjoy yourself. Visiting a spa can not only offer an escape from the daily stresses of life but it can also be a way to kick-start a healthier lifestyle.

"We offer yoga and massage in addition to psychological care," Bruce Palmer, executive director of The Well, A Center for Hope and Healing, in Bridgewater, said. "We're a holistic health and wellness center so we believe people are not simply one aspect. In other words, people have different needs for relaxation that relate to their own need for physical care. We are also a Christian organization, but people come to us from all religions and all walks of life. I think it is important for every person to take some time to unwind because it benefits the mind, spirit and soul to

take the time to be refreshed. We offer one-day and overnight retreats to focus on giving people quiet time to reflect and create space for themselves."

Whether you are looking to lose weight, learn how to manage stress or are simply just in need of an escape from your daily routine, it is important to find time for a spa appointment. If you can't afford one or time constraints will not allow for it, be sure to take time out of your routine for yourself to focus on relaxing and unwinding. Set aside some time to read a book or magazine without the TV on, enjoy a long hot shower or bath or simply meditate for a few minutes each morning. If you are at home, ask your spouse or significant other for a massage.

"There are huge long-term benefits for massage, especially when it comes to reducing blood pressure and stress levels," said Deb Catania, who owns the Beach Plum Med Spa at the John Carver Inn located in Plymouth and the Dan'l Webster Inn & Spa of Sandwich. "People need to realize that massage is not something that should be done just to feel good but should be done regularly for its long-term benefits. People spend money on

SEE LIFESTYLE, NEXT PAGE



Massage should be done regularly for its long-term benefits, according to Deb Catania of the Beach Plum Med Spa in Plymouth. It isn't an indulgence but is proven to help reduce cholesterol and stress. ALAN BUDNEY PHOTO COURTESY OF THE BEACH PLUM SPA AT THE JOHN CARVER INN

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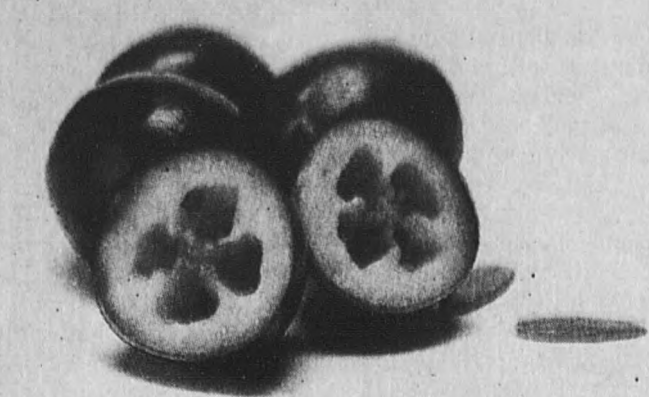
A BETTER YOU THROUGH BETTER LIVING 2014

Good-for-you local food

Cranberries are high in healthful antioxidants

According to the largest USDA study of the antioxidant content of food, cranberries are among the top five foods with the highest antioxidant content per serving. The study included samples of more than 1,100 commonly consumed foods and beverages. It represents the largest ever systematic screening of antioxidants in food.

Antioxidants are substances that protect cells from oxidative stress and the effects of free radicals. Free radicals are continually produced in the human body. Breathing air, digesting food or being exposed to second-hand smoke or the sun all produce free radicals. Experts believe free radicals play a role in heart disease, cancer and other diseases.



According to the largest USDA study of the antioxidant content of food, cranberries are among the top five foods with the highest antioxidant content per serving. PHOTO COURTESY OF THE U.S. CRANBERRY MARKETING COMMITTEE

There are hundreds if not thousands of antioxidants in foods. Examples of some of the antioxidants found in cranberries include:

- Anthocyanins
- Ellagic acid
- Quercetin
- Resveratrol

• Selenium
• Vitamins A, C and E
Research suggests that antioxidants from food are more beneficial for human health compared to dietary supplements. Antioxidants seem to work best when combined with other antioxidants and

nutrients naturally present in food.

Plant-based foods like fruits, vegetables, nuts and grains contain more antioxidants than animal products, like meat and dairy. In the USDA study, the top 300 foods were plant-based products while the bottom 300 foods were animal products. While much more research needs to be done on the effects of antioxidants on human health, research supports the beneficial role of antioxidant-rich fruits and vegetables in a healthful diet.

Cranberries – available in many convenient forms including dried cranberries, 100 percent cranberry juice, and cranberry sauce – are a wonderful way to add an antioxidant-rich fruit to your daily diet.

Courtesy of the U.S. Cranberry Marketing Committee



Lamb's Lettuce with Cranberry Vinaigrette is just one of the new recipes included in the U.S. Cranberry Marketing Committee's "Top 20 Cranberry Recipes to Watch 2014" eCranberryCookbook. PHOTO COURTESY OF THE U.S. CRANBERRY MARKETING COMMITTEE

Cookin' with cranberries

Wake up your meals with America's original superfruit! The U.S. Cranberry Marketing Committee debuts its "Top 20 Cranberry Recipes to Watch 2014" – a first of four eCranberryCookbooks planned for release this year. Developed and taste-tested by professional chefs, the sweet to savory recipe palette highlights the culinary versatility and year-round appeal of U.S. cranberries.

Selected from a treasure trove of over 170 recipes that were developed by the CMC's international partners to promote U.S. cranberry marketing activities in Europe, these bold new "cranberry gems" include Easy-Peezy Cranberry Dishes, Cranberry Pasta Favorites, Cranberry Enhanced Vegetarian, Cranberries and Minced Meats and "Cran-tastic" Confectionary Favorites.

You can download your free eCranberryCookbook at www.uscranberries.com.

Courtesy of the U.S. Cranberry Marketing Committee

LIFESTYLE

Continued from previous page

shoes and getting their hair done so why not also get a massage? It isn't an indulgence but is proven to help reduce cholesterol and stress, which is horrible on the body. It just amazes me why people don't do it. A regular facial will make you look better for much longer. Going to the spa should be a part of your regular routine. In France, the women have facials weekly to take care of their skin.

When determining which spa is right for you, it's important to do your homework first to be sure you will be working with an experi-

enced therapist who is knowledgeable and knows what is best for you.

"One thing that is important to note is that not all massage therapists are the same," Catania added. "You should go to someone who knows what they are doing. It's sort of like buying a car. You want to make sure you go to a person who knows what to do. For example, there are some therapists who know Reiki better than others. In general, the spa can really help prevent long-term issues. As we get older, our feet tend to have issues. Regular pedicures are a good way to keep nails healthy."

Taking the time to relax, unwind and visit a spa can

help you decompress, eliminate stress and revitalize your body. Not only does a spa visit provide relaxation, it can also help revitalize other body functions. For example, a really good massage will increase blood circulation. With better blood flow throughout the body, your organs will be working more successfully to fuel the cells and remove toxins from the tissues. A massage can also aid in improving the overall nervous system. While no one holds the secret key to a long-lived life, with a few minor adjustments you can be on your way to a healthier mind and body that will prove beneficial in the years to come.

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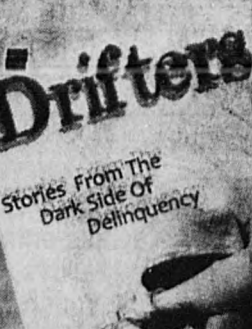
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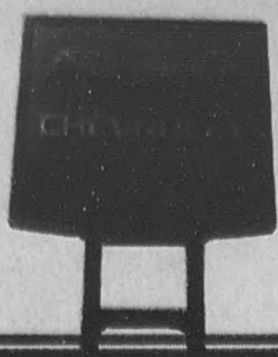
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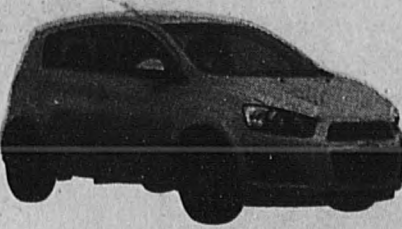
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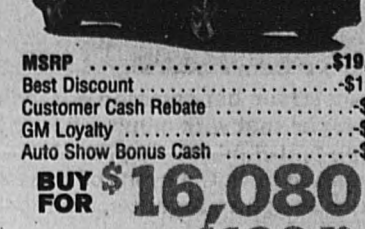
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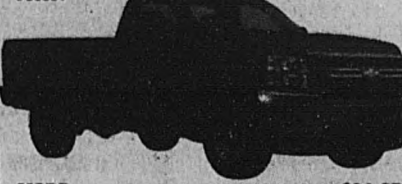
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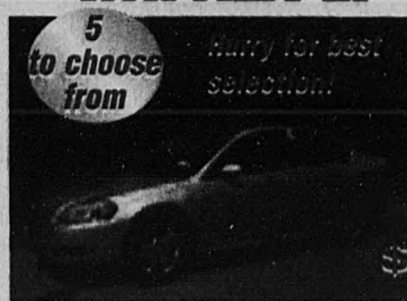
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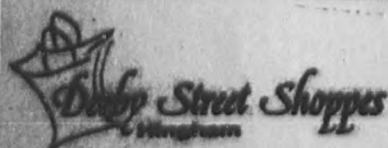


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COHASSET POLICE/FIRE LOG

Thursday, Jan. 16

6:41 p.m. **Lighthouse Lane**, motor vehicle stop. Checking on motor vehicle parked behind the Lightkeepers cottage.
 6:49 p.m. **Church St.**, medical aid.
 8:19 p.m. **Sankey Road**, animal call. Caller reports finding a yellow Lab with a black and red collar.
 9:15 p.m. **Forest Ave.**, motor vehicle stop; verbal warning.
 9:36 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 10:37 p.m. **Government Island, Lighthouse Lane**, police information. Government Island, end of Parker Avenue, Sandy Beach, Wadleigh Park and yacht club checked in response to Scituate BOLO.
 10:53 p.m. **King St.**, motor vehicle stop; citation issued.

Friday, Jan. 17

1:44 a.m. **Jr./Sr. High School, Pond St.**, suspicious vehicle. Medium-size box truck. Deliveries are made overnight and it appears as there was a recent bread delivery.
 6:50 a.m. **Jerusalem Road**, traffic enforcement.
 6:53 a.m. **King St.**, animal call. Dead raccoon in the middle of road. Message left for ACO to pick up.
 6:59 a.m. **King St.**, motor vehicle stop; written warning.
 7:38 a.m. **N. Main St.**, motor vehicle stop; written warning.
 9:12 a.m. **Dunkin' Donuts, King St.**, motor vehicle stop. Tow requested. Scituate Collision notified.
 9:22 a.m. **Police Headquarters**, fraud. Walk-in to headquarters reporting fraud.
 9:32 a.m. **Border St.**, larceny report.
 10:02 a.m. **Border St.**, Police Department investigation. Out on a follow-up.
 10:08 a.m. **N. Main St.**, past break in. Someone has been sleeping in the house/drink in the house/cat litter is down there/caller is taking care of the house while homeowners are away. Doesn't believe anything has been taken.
 10:11 a.m. **N. Main St.** Out on a warrant of apprehension.
 2:36 p.m. **Sunrise, King St.**, medical aid.
 6:18 p.m. **N. Main St.**, disturbance. Caller can hear yelling. Verbal argument only, nothing physical.
 7:08 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; written warning.
 7:57 p.m. **Golden Living Center, Chief Justice Cushing Hwy.**, medical aid.
 8:18 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning.
 9:12 p.m. **Black Rock Road and Forest Ave.**, suspicious activity. Small foreign motor vehicle with Scituate dump sticker. Left on Forest Avenue 2 minutes ago. Caller reports motor vehicle exchanged an item through the window with two people on foot. Two people on foot were picked up by another motor vehicle and left the area. No description of second motor vehicle.
 10:08 p.m. **Hull St.**, motor vehicle crash. Vehicle through fence. Multiple calls reporting a disturbance followed immediately by the report of this accident. All reports appear to be related. Scituate Collision notified. One male in custody: Robert Salmons, 24, of 204 S. Franklin St., Holbrook. Charges: OUI drugs (second offense); operating to endanger; marked lanes violation; and operating with a suspended license (second offense).

Saturday, Jan. 18
 2:14 a.m. **Avalon Drive**, medical aid.
 4:20 a.m. **Pond St.**, medical aid.
 7:29 a.m. **Chief Justice Cushing Hwy. and King St.**, motor vehicle stop; citation issued.
 11:25 a.m. **Chief Justice Cushing Hwy. and Pond St.**, motor vehicle crash; investigated.
 11:46 a.m. **Police Headquarters**, request for an officer. Party in the lobby for a report.

11:55 a.m. **Scituate**, mutual aid ambulance.
 5:24 p.m. **Forest Ave.**, directed patrol.
 5:36 p.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic enforcement.
 5:48 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning.
 5:53 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.
 6:18 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.
 6:41 p.m. **Chief Justice Cushing Hwy. and King St.**, erratic motor vehicle operation. Red Chevy sedan, unknown plate, took right on King Street. Possibly an elderly operator. Caller stated it was all over the road crossing yellow lines. Nothing showing. Units will continue to look for vehicle.
 9:48 p.m. **Beach St.**, medical aid.
 9:48 p.m. **Beach St.**, medical aid.
 10:21 p.m. **Hammond Ave.**, parking complaint. Caller called headquarters and advised vehicle parked on the street and thinks it is not properly parked.

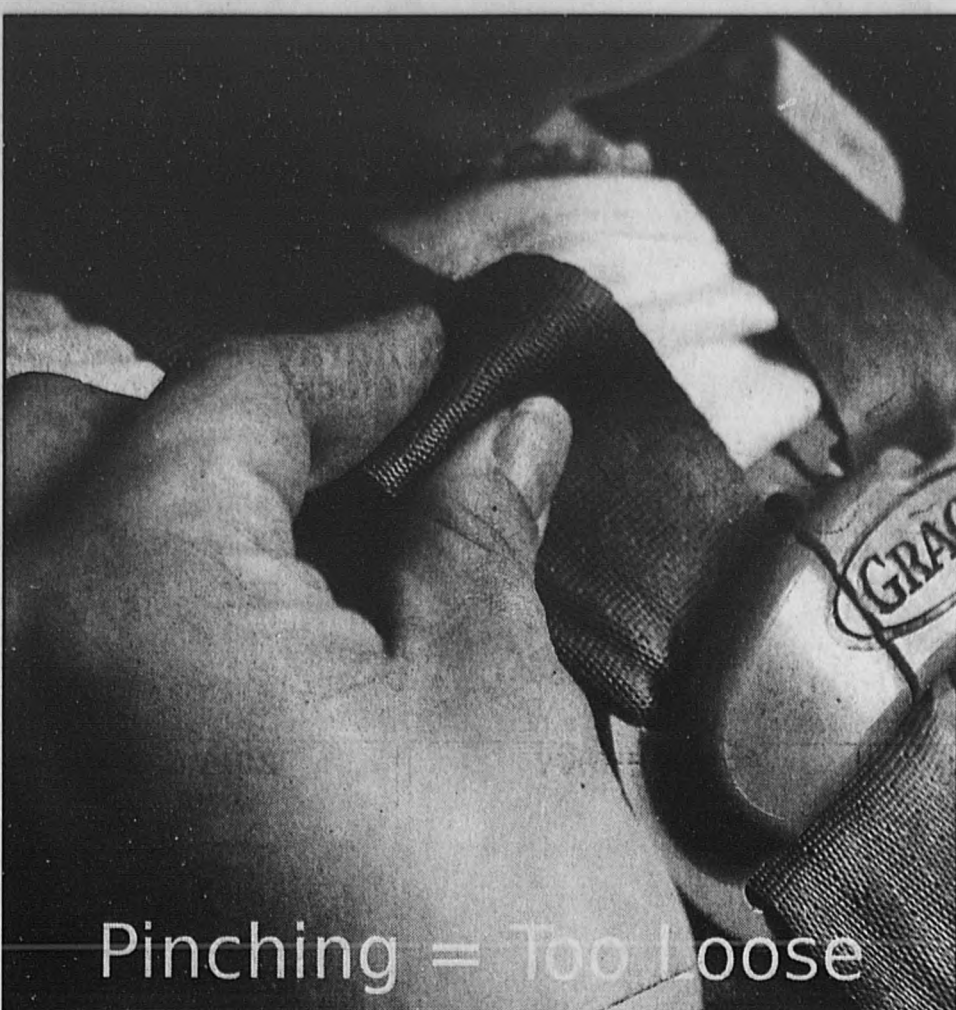
Sunday, Jan. 19

12:59 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 9:25 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 11:33 a.m. **Beechwood St.**, suspicious activity. Caller reporting two people in dark SUV. Concession stand looks broken into. Two males with dark clothes. Building is secure, no forced entry.
 12:48 p.m. **Forest Ave.**, inside water leak. Water Department notified. Water Department on scene. Wiring inspector on scene. Water leak repaired.
 1:40 p.m. **King St.**, fire investigation.
 3:11 p.m. **Atlantic Ave.**, animal call. Missing yellow Lab. Owner and dog reunited.
 3:43 p.m. **Atlantic Ave.**, animal call. Caller reports locating a yellow Lab with an invisible fence collar and a multi-colored beaded collar. Same states it appears the dog has a shaved paw from possible recent surgery. Owner and dog have been reunited.
 5:20 p.m. **Wheelwright Park, N. Main St.**, missing person. Headquarters reports party in the lobby reports her son and his friend are lost inside the park. Mother was in contact with her son via cell phone. They will be responding to see if the boys can follow the sound of the sirens. Requests K9 respond as contact with the boys was discontinued. All K9 units are clear. Two males were reunited with their families.
 6:20 p.m. **Police Headquarters, Elm St.**, K9.
 6:32 p.m. **Bow St.** Caller asking if the boys that got lost had been found. Someone had been in the neighborhood asking if anyone had seen them. Caller informed boys had been found.
 8:31 p.m. **Chief Justice Cushing Hwy.**, disturbance. Caller reports hearing approximately 15 gunshots. Unsure where they may have been coming from.

Monday, Jan. 20

6:17 a.m. **Beechwood St.**, medical aid.
 6:38 a.m. **Cohasset Village, S. Main St.**, community service.
 7:11 a.m. **S. Main and Summer streets**, directed patrol.
 7:18 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 7:37 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 11:43 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 12:48 p.m. **Coastal Auto, Chief Justice Cushing Hwy.**, medical aid. Scituate K9 reporting a male worker fell from a ladder and has an ankle injury; alert and awake.
 1:46 p.m. **Gammons Road**, soliciting. Group of four, three males, one female, toward Joy. No complaint, just wanted to know if they a li-

Traffic Safety Tip of the Week:



Pinching = Too Loose
 One of the most common but unintentional mistakes in winter is securing a child in their car seat with a bulky, heavy jacket on. This creates extra space between the strap and child, leaving the straps too loose, resulting in the child not being properly strapped in, in the event of a crash. One quick check is the pinch test; if you can pinch the strap together, it's too loose. COURTESY PHOTO

cense to solicit. Officer reporting religious organizations do not need a permit.
 5:39 p.m. **Hull St.**, directed patrol.
 6:18 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.
 7:44 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

Tuesday, Jan. 21

2:19 a.m. **Pond St.**, parking complaint.
 6:30 a.m. **Cohasset Village, S. Main St.**, community service.
 6:36 a.m. **Forest Ave.**, traffic enforcement.
 7:03 a.m. **Cushing Road**, traffic enforcement.
 7:23 a.m. **King St.**, community service.
 10:32 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 5 p.m. **Chief Justice Cushing Hwy.**, DPW. Due to road conditions, sand and plow, DPW notified and are preparing to go.
 5:22 p.m. **Forest and N. Main streets**, motor vehicle crash. Caller reports minor two-car motor vehicle accident. Requests an officer for paper exchange.
 5:25 p.m. **Church and Doane streets**, traffic hazard. Caller reports the intersection is very slick and cars are sliding around.
 5:57 p.m. **Fire Department, Elm St.**, notification. Captain reports the ramp at Fire Headquarters needs to be plowed.
 6:17 p.m. **Beechwood and S. Main streets**, motor vehicle crash. Caller reports white Ford Explorer on South Main Street hit a tree just outside the Village toward Scituate. Two people out of vehicle. Unknown injuries.
 7:31 p.m. **Forest Ave.**, traffic hazard. Call into headquarters states 10 cars having trouble getting up the hill. DPW notified.
 9:48 p.m. **Doane St.**, suspicious vehicle. Plow driver for the town reports red Ford Ranger parked in the parking lot for more than an hour and there were footprints going into Wompatuck. Parked at the entrance, no hazard, will check later.
 11:54 p.m. **Cedar Acres Drive**, animal call. Chocolate Labrador lost.

Wednesday, Jan. 22

12:14 p.m. **Lamberts Lane**, notification. Plow driver into headquarters to report possible damage to property.
 4:14 p.m. **Black Rock Beach, Jerusalem Road**, well being check. Caller reports there is someone in the surf, possibly

surfing. Concerned for their well being. Male party surfing, leaving now, health checks out.
 4:27 p.m. **Forest Ave. and Jerusalem Road**, parking complaint. Caller reports gray pickup truck with a cap parked half on the sidewalk, half on the road. Truck belongs to surfer.
 4:58 p.m. **Pond St.**, fraud. Hacked computer. They have gotten into everything, financial issues, they have tried to get money. Report taken.
 6:57 p.m. **Forest Ave. and Jerusalem Road**, fire, building/structure. Island off Atlantic Avenue, across from Wadleigh Park, caller reports something on fire. Unsure if it is a building or outside. This may be backlighting from a ship. Coast Guard notified. All units clear. Fire units believe it is a boat with lighting. Harbormaster states it is light that reflects off tankers and looks like fire. He called it refraction.

Thursday, Jan. 23

2:50 a.m. **Jr./Sr. High School, Pond St.** Open door out back at the bus stop drop-off. Door secured.
 6:51 a.m. **Forest Ave. and Jerusalem Road**, directed patrol.
 6:55 a.m. **Forest Ave.**, motor vehicle stop; citation issued.
 8:04 a.m. **Sohier St.**, medical aid.
 9:37 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop. Equipment violation, verbal warning.
 10:47 a.m. **Brewster Road and Chief Justice Cushing Hwy.**, directed patrol.
 11:09 a.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 1:03 p.m. **S. Main St.**, larceny report. Caller reports finding checks an employee signed her name to.
 1:33 p.m. **Ridge Top Road**, animal call. Caller reporting she has a sick raccoon in her hemlock tree.
 1:36 p.m. **Police Headquarters**, request for an officer. Wants to speak to officer for an incident that happened on two different occasions. Called in by headquarters. Officer spoke with party and advice given.
 2:31 p.m. **Sunrise, King St.**, medical aid.
 2:52 p.m. **N. Main St.**, medical aid.
 4:35 p.m. **Elm St.**, parking complaint. Called in from headquarters. A party called in and states there is someone parked behind her. Caller would meet the officer out

front when they arrived. Vehicle has been moved, everything all set.
 5:28 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 6:20 p.m. **Chief Justice Cushing Hwy.**, erratic motor vehicle operation. Heading south toward Scituate, just passing Sohier Street. Red sedan took a right on King Street. Vehicle crossing the center line and swerving back and forth. Appeared to be falling asleep. Scituate on scene and will be handling.
 6:27 p.m. **Church St.**, motor vehicle stop; verbal warning.
 11:07 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 11:36 p.m. **Sandy Beach, Atlantic Ave.**, suspicious vehicle.

Friday, Jan. 24

3:38 a.m. **Wheelwright Farm**, medical aid.
 5:11 a.m. **Sports Complex, Crocker Lane**, fire investigation. Sprinkler system low air. Sprinkler maintenance company out in the morning.
 7:09 a.m. **Forest Ave.**, directed patrol.
 8:16 a.m. **Deer Hill School, Sohier St.**, notification. Female reports no crossing guard at the school and children are waiting to cross. Sergeant notified and will send a car up there.
 11:26 a.m. **Chief Justice Cushing Hwy. and Schofield Road**, motor vehicle stop. Owner/operator checks out fine.
 2:41 p.m. **Black Rock Road**, suspicious activity. White Jeep Cherokee has been seen multiple times over the past week. Pulled into her neighbor's driveway and sat there for a minute then drove away and spit in the caller's driveway. Every time they see it there are teens in the vehicle that get dropped off and run down the road suspiciously. Vehicle was headed down Forest toward North Main. Does not want to speak to an officer, just wants the area checked out.
 4:54 p.m. **Chief Justice Cushing Hwy.**, Scituate, mutual aid ambulance at basketball court for knee laceration.
 11:09 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

Saturday, Jan. 25

8:39 a.m. **N. Main St.**, medical aid.
 9:01 a.m. **Police Headquarters, Elm St.**, assist public. Walk-in party requesting advice about no trespass order served two weeks ago.

9:05 a.m. **Linden Drive**, medical aid.
 9:20 a.m. **Chief Justice Cushing Hwy. and Schofield Road**, motor vehicle stop; citation issued.
 11:04 a.m. **Jerusalem Road**, trespass. Has a trespass order in effect against neighbor. Went into station today and spoke with an officer. Would like officer to come by now and speak with neighbor. Spoke to all parties involved, advised of actions that will be taken if trespassing occurs.
 12:06 p.m. **N. Main St.**, message. Hingham Police Department had wallet turned in to station. It came back to above location. The two phone numbers that were tried are not in service. Note was left in mailbox.
 12:41 p.m. **Jerusalem Road**, parking complaint. Black Hyundai parked on sidewalk. Motor vehicle tagged.
 2:01 p.m. **S. Main St.**, CO alarm. Hears a beeping in the building, thinks it may be from CO. Evaluating building. No CO detected.
 2:09 p.m. **Wheelwright Farm**, medical aid.
 3:01 p.m. **N. Main St.**, lift assistance.
 4:25 p.m. **Forest Ave.**, motor vehicle stop; citation issued.
 4:50 p.m. **Sohier St.**, directed patrol.
 4:57 p.m. **Ripley Road and Sohier St.**, motor vehicle stop; citation issued.
 5:09 p.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic control.
 6:03 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.
 6:39 p.m. **Chief Justice Cushing Hwy.**, inside gas odor. Called into Fire Department headquarters, inside odor of gas. National Grid notified and responding.
 7:26 p.m. **Chief Justice Cushing Hwy.**, animal call. Dog locked in vehicle in the back row. Vehicle operator just getting take-out. Animal is in good health.
 7:48 p.m. **Forest Ave.**, motor vehicle stop; citation issued.
 8:37 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

Sunday, Jan. 26

12:21 a.m. **Bates Lane**, medical aid.
 1:34 a.m. **Chief Justice Cushing Hwy.**, open door. Located an open door; door secured.
 6:25 a.m. **Forest Ave.**, traffic enforcement.
 6:34 a.m. **Village, S. Main St.**, community service.
 6:59 a.m. **Sohier St.**, directed patrol.
 7:04 a.m. **King St.**, community service.
 11:14 a.m. **Forest Ave. and N. Main St.**, motor vehicle stop; citation issued.
 1:20 p.m. **Chief Justice Cushing Hwy. and Schofield Road**, motor vehicle stop; citation issued.
 5:03 p.m. **Beechwood and King streets**, directed patrol.
 5:10 p.m. **Jacobs Meadow Culvert, Summer St.**, DPW. Automated message for Culvert Alarm Zone 3.
 6:48 p.m. **Depot Court**, parking complaint. Call into headquarters about Jeep Cherokee blocking the loading dock. Spoke with business owner, vehicle left. Was blocking driveway.
 7:46 p.m. **MBTA Cohasset Station, Chief Justice Cushing Hwy.**, suspicious vehicle. Mini van driving fast up and down parking lot. They have stopped now, pulling out heading out now by golf course. They took a right out of lot on North Main Street.
 11:53 p.m. **Border St.**, suspicious person. In front of her car, climbing on it, running through street. Wearing blue jeans, T-shirt, tan jacket, colored check shirt. Male about 23-years-old. Caller states the person fell out of red car. The red car pulled into a driveway. He is climbing on car again. Caller is afraid he might get hurt. Keeps knocking on window and trying to get in. Scituate Police Department en route. Call transferred to Scituate.

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Winter ARTS

PREVIEW

MUSIC
DANA BARBUTO

10 HOT concerts



Cher stages her "Dressed to Kill" tour April 4 at Mohegan Sun and April 9 at the TD Garden.

LADY ANTEBELLUM The country trio just kicked off their "Take Me Downtown" tour and local fans will have two chances to hear the Grammy-winning group – Jan. 31 at the TD Garden and Feb. 1 at Mohegan Sun. Their hits include "Need You Now" and "We Owned the Night."

KANYE WEST He's one of the hardest-working performers in the music industry and West brings his mind-bending "Yeezus" tour to Mohegan Sun for a Feb. 21 show.

BOB WEIR & RATDOG It's jam band heaven as Bob Weir and RatDog tour together for the first time since 2009. Get your fix Feb. 25-25 at the House of Blues in Boston.

PAUL SIMON & STING Expect a one-of-a-kind show that brings these two musical icons to the same venue on March 1 at the TD Garden.

ROBIN THICKE It's clear that "Blurred Lines" was the song of the summer and you can hear it live March 4 at the Agganis Arena in Boston.

DROPKICK MURPHYS The Quincy-bred punksters come home to roost on Landsdowne Street for their annual St. Patrick's Day residency, performing five shows from March 13 to March 16 at the House of Blues in Boston. It's safe to say the usual mix of energy and shenanigans won't be hard to come by.

ELLIE GOULDING After opening for Bruno Mars last year, the British "Lights" singer headlines her own tour, which rolls into the Agganis Arena March 17.

MILEY CYRUS The former "Hannah Montana" star has her critics, but Cyrus's latest album, "Bangerz" was well reviewed. See her talent – and ubiquitous tongue – on display April 2 for a show at the TD Garden.

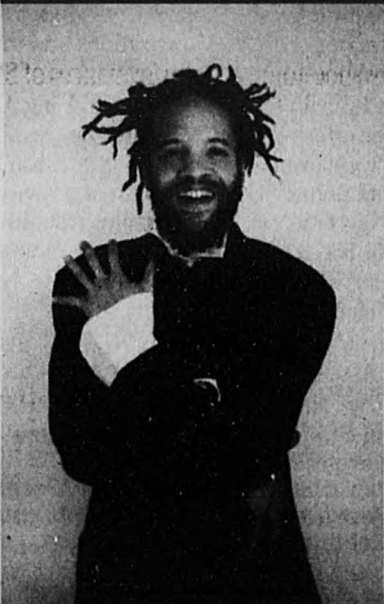
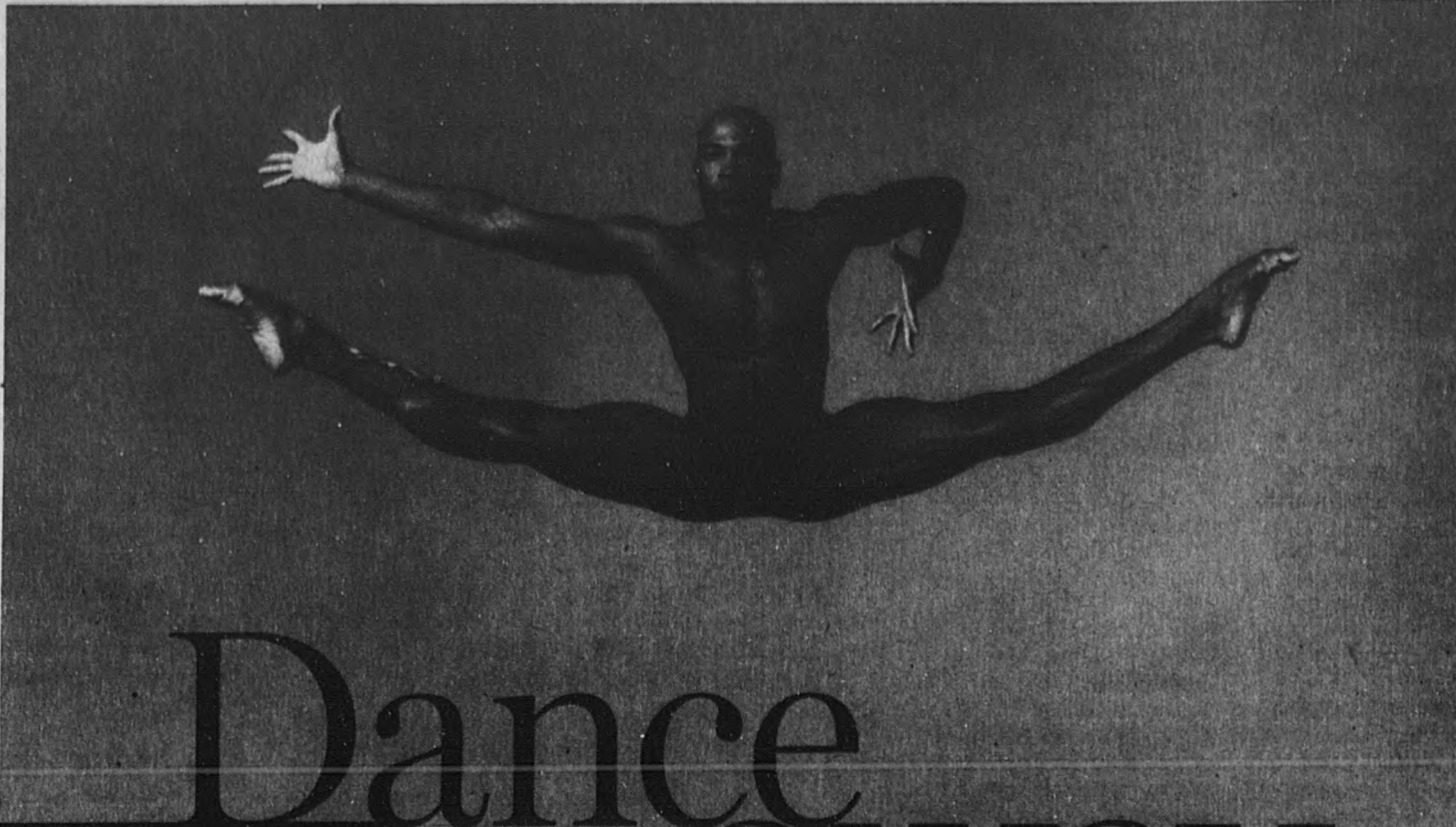
CHER After eight years, the legendary diva returns to the stage for her "Dressed to Kill" tour, April 4 at Mohegan Sun and April 9 at the TD Garden.

FOSTER THE PEOPLE Touring in support of their new album, "Supermodel," the "Pumped Up Kicks" singers land at the House of Blues on May 9.



Miley Cyrus at the TD Garden April 2.

DANCE | DANA BARBUTO



Dance away the doldrums

Creativity abounds on the local dance scene this winter, serving a local audience who loves both tradition and cutting edge. Fully staged ballet productions, romantic performances, classics and modern and new works will grace stages in and around the city.

Boston Ballet, the big pillar of the dance scene, continues to celebrate its 50th season while no less remarkable is the contribution of smaller companies. **SPUNKandCompany** marries contemporary dance to the theme of instant gratification with "#HEREAND-NOW," running Jan. 31-Feb. 1 at the Boston

Center for the Arts.

Modern dance company **Gallim Dance** returns to the Institute of Contemporary Art Jan. 31-Feb. 1 to perform the Boston premiere of "Wonderland," a work that uses imagery from war, sports, and

SEE DANCE, NEXT PAGE

From top, Alvin Ailey American Dance Theater, May 1-4 at the Citi Wang Theatre. Boston Ballet stages "Cinderella" March 13-23. Savion Glover toe-taps his way into The Vets in Providence on Jan. 31.

ART | CHRIS BERGERON

Eclectic art to thaw winter's chill

While winter clutches the region in its freezing grip, spring can't be that far behind with its perennial promise of exciting, eclectic art to thrill and thaw our chilly spirits.

Since completion of its grand Renzo Piano wing, the **Isabella Stewart Gardner Museum** has been expanding its exhibitions in exciting directions like its coming show, "Carla Fernandez: The Barefoot Designer." Opening April 17, it will showcase the Mexican fashion designer's reinterpretation of

complex patterns from pre-industrial textiles and clothes into stunning contemporary creations.

Continuing its innovative programming, the Gardner will be offering a new concert series called "Stir" on the first Thursday of the month in Calderwood Hall. Publicist Michael Busack called it a mix of contemporary art, music and performance for "people who are a bit more adventurous." It kicks off on Feb. 6 with the world premier of composer Lee Hyla's new work "Migration" for

mezzo-soprano and ensemble. For information, visit www.gardnermuseum.org.

Continuing its Art and Healing series, **Danforth Art** will host paintings by Robert Ferrandini, who found new ways to paint after a stroke deprived him of the use of his right hand and arm. Opening Feb. 26, this moving show will feature gorgeous landscapes Ferrandini painted after the stroke with his left hand that display intricate use of light.

The theme of links between creativity and healing run through the Framingham museum's spring exhibitions which will also feature

Above, "Sound-suits" by Nick Cave at the ICA Feb. 5-May 4. Left, "California Design, 1930-1965: Living in a Modern Way," at the Peabody Essex Museum March 29-July 6.

SEE ART, NEXT PAGE

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50
YEARS

ASHTON'S
CINDERELLA

BALANCHINE'S
JEWELS

CLOSE TO CHUCK

Feb 20-Mar 2

BOSTON
PREMIERE

Mar 13-23

May 8-18

May 22-June 1

DANCE

From previous page

communication to investigate pack mentality.

Savion Glover is widely regarded as the best tap dancer ever, and he's toe-tapping his way into The Vets in Providence on Jan. 31.

Just in time for Valentine's Day, the **Jose Mateo Ballet Theater** warms up winter's cold with "Unbridled" Feb. 14-March 2. Presented will be three of Mateo's most popular ballets that explore the passion and complexities of human relationships.

A trio choreographers present their contemporary ballets in **Boston Ballet's** "Close to Chuck," program that runs Feb. 20-March 2. Headlining the night is the company premiere of resident choreographer Jorma Elo's "C. to C (Close to Chuck)" with music by Philip Glass and sets by renowned American artist Chuck Close. Also on tap is the return of Jiri Kylian's transcendent "Bella Figura," and a world premiere from Spanish dancer and choreographer José Martínez.

French choreographer Mourad Merzouki brings his troupe of all-male Brazilian dancers, **Campagne Kafig**, to the Citi Shubert Theater in Boston Feb. 7-9. Expect a fusion of hip-hop, martial arts and circus in this dynamic show.



The creators of "Riverdance" have a new dance extravaganza called "Heartbeat of Home," at the Citi Performing Arts Center Wang Theater March 26-April 5.

Director and choreographer Bill T. Jones returns to the stage at the center of an acclaimed new work for his renowned company formed with the late, legendary Arnie Zane. Now in its 30th year, the **Bill T. Jones/Arnie Zane Dance Company** lands in Boston Feb. 21-23 at the Institute of Contemporary Arts.

The ingenious and imaginative dancers from the **Kate Weare Company** turn up the heat at the ICA Feb.

28 and March 1.

The Chinese dancers in the **TAO Dance Theater of Beijing** take contemporary dance to new heights and will make their Boston Debut Feb. 27-28 at the Citi Shubert Theater.

Boston Ballet turns the timeless fairytale "**Cinderella**," into a sumptuous and expansive three-act ballet March 13-23. With Sir Frederick Ashton's choreography and Sergei Prokofiev's delightful score

this production is considered to be the greatest staging of the beloved tale.

From March 21 to April 6, the **Jose Mateo Ballet Theater** explores the circle of life in a thematic production comprised of three ballets: "Risk of Repetition" set to the Violin Concerto of Philip Glass; "Isle of the Dead" (1992), a symphonic poem composed by Sergei Rachmaninoff and "Circles" set to Alfred Schnittke.

The spunky and irreverent

Camille A. Brown and Dancers return to Boston at the ICA March 14-15.

The producers of uber-smash "Riverdance," created a new dance extravaganza called "**Heartbeat of Home**," that shimmies its way onto the stage at the Citi Performing Arts Center Wang Theater, March 26-April 5.

For "**Restless Creature**," former longtime standout New York Ballet Dancer Wendy Whelan invited

choreographers Kyle Abraham, Joshua Beamish, Brian Brooks and Alejandro Cerrudo to each create a duet, which each dances with her March 28-29 at the Citi Shubert Theatre.

Los Angeles Contemporary Repertory Dance Company BodyTraffic performs "Beyond the Edge of the Frame" in their Boston debut at the ICA April 11-12.

For his "**New Eruptions**" program, Jose Mateo presents his most recent work "Taking Turns" and will also unveil the troupe's final premiere of the season. Runs April 25-May 11.

In "**Pricked**," May 8 to May 18, the Boston Ballet marks the return of Harald Lander's "Etudes" and offers two American premieres with "D.M.J. 1953-1977" and "Cacti."

America's leading modern dance company, the **Alvin Ailey American Dance Theater**, makes its annual appearance in Boston May 1-4 at the Citi Wang Theater.

The inventive **Mark Morris Dance Group** marries dance and opera in a performance of "Acis & Galatea," which features musical accompaniment from the Handel and Haydn Society. An East Coast premiere, the performance is May 15-18 at the Citi Shubert Theatre.

Patriot Ledger staff writer Dana Barbuto may be reached at dbarbuto@ledger.com.

ART

From previous page

work by Matt Bracken, Jon Imber, Stuart Williams, Michael Mazur and Lisa Kessler.

Opening March 9, "Matt Bracket: New Waters" showcases striking paintings that are simultaneously real and surreal and offer a cathartic exploration of subjects ranging from the joy of birth to the tragedy of disease. For information, visit www.danforthart.org.

Fruitlands Museum will offer a series of eclectic, multi-session arts and crafts workshops in handcrafting books, basketry and still life drawing starting Feb. 6 and running through the end of March. For information, visit www.fruitlands.org and to register, contact mkershaw@fruitlands.org. The museum in the town of Harvard is hosting an ongoing foreign film series, "Food for Thought," that explores themes of climate change, cultural survival and the interdependence of human and animal worlds. Films are free; a bowl of home-made soup is \$5. Coming films start at 7 p.m. and include "We Still Live Here" (Feb. 5), "Eating Alabama" (Feb. 26) and "People of a Feather" (March 19).

The **Peabody Essex Museum** will offer a mix of exhibits that showcase masters of innovative design and



"Raven's Many Gifts: Native Art of the Northwest Coast" at the Peabody Essex Museum Feb. 15-May 31

traditional maritime painting. "California Design," which opens March 29, explores the Golden State's distinctive role shaping mid-century design with 200 examples of furniture, textiles, jewelry, film and more. Opening May 31, "Turner and the Sea" promises "the first full-scale examination" of the "lifelong preoccupation with the sea" of England's greatest maritime

painter, J.M.M. Turner.

The Salem museum will be unveiling a series single-gallery installations featuring art from its permanent collection to explore specialized subjects. Opening Feb. 15, "Raven's Many Gifts" will showcase the PEM's Native American collection. "Double Happiness" about Chinese art and "The Figure in Abstract Indian Art" will open on

March 1 and 8, respectively. For information, visit www.pem.org.

Visitors to the deCordova Sculpture Park and Museum can enjoy outdoor fun and indoor creativity. A trained instructor will lead Saturday snowshoe tours through the sculpture park at 10 a.m. and 12:30 p.m. on Feb. 1 and 15 and March 1 and 15. Registration required; visit www.decordova.org/sculpture-park-snowshoe-tours.

Indoors, the Lincoln museum will be offering "Art for February Vacation: Color, Light and Sound" from Wednesday, Feb. 19 through Friday, Feb. 21, with drop-in activities from 1 to 3 p.m. for families with children from 2- to 12-years-old.

On Friday, May 16, the **deCordova Sculpture Park and Museum** will open five separate exhibits including art in varied media by Lesley Dill and Ian Hamilton Finlay; "Word Up," which explores how the written word has inspired artists; and two artists showing new work in the museum's Platform series.

Energized by director Matthias Waschek, the **Worcester Art Museum** has taken little time in organizing an exhibit of rare arms

and armor it acquired when the Higgins Armory Museum closed its doors on Dec. 31. Opening March 29, "Knights!" will signal how WAM pans to integrate this world-class collection of medieval artifacts into Waschek's bold vision for the museum. The same day, WAM is hosting a Knights Renaissance Faire, featuring music, jugglers, sword demonstrations and theatrical performances of Shakespeare and King Arthur.

Visitors at the **Museum of Fine Arts, Boston** this spring will have a choice of viewing major exhibits ranging from Impressionism, quilts and contemporary Latin American art.

Using social media for the first time to identify public favorites, the MFA will open "Boston Loves Impressionism" on Feb. 14. Participants will be able to select their favorites from among 50 works from the museum's collection by using social media channels including Facebook. Opening March 19, "Permission to be Global" will showcase 60 works from Latin America from 1960 until now, including painting, sculpture, photography, performance and installation. Closer to home

but still cutting edge, "Quilts and Color: The Pilgrim Roy Collection" opens April 6. Don't expect grandma's quilts. This show features quilts with eye-popping designs that reflect the influence of 20th century Abstract Expressionists and Pop artists. For information, visit www.mfa.org.

Continuing to host cutting-edge artists from around the world, the **Institute of Contemporary Art** in Boston will showcase South African artist William Kentridge's immerse five-screen installation, "The Refusal of Time," starting Feb. 5. Fusing art and science, Kentridge explores the phenomenon of time, including the relativity theory and black holes in an intriguing exhibit that combines music, spoken word, dance, drawing and text.

Known for his full body "Soundsuits," Nick Cave will showcase some of his most recent work in an exhibit, opening the same day, that features freestanding sculptures "bursting with ceramic flowers and birds, beads and other cast off oddities" including furniture and life-size dog figurines. For information, visit www.icaboston.org.

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
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
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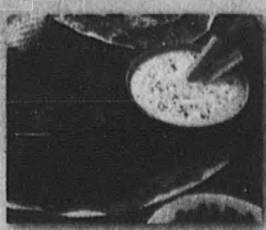
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FOOD

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BRANDPOINT

Super Bowl party

When it comes time to host your big-game party, take heed: It's always four-down territory with food safety. Remember: Clean, separate, cook, chill.

If cold foods are left out of refrigeration and hot foods cool down too long, that's poor defense against harmful bacteria that can cause food poisoning. Hot foods should be 140 F or above, and cold foods should be 40 F or below.

The USDA Food Safety and Inspection Service recommends the following guidelines for your football feast:

- Always wash your hands with soap and warm water for at least 20 seconds before and after handling food. Beware of cross-contamination, and keep the raw meat and poultry away from cooked foods. Use separate plates and utensils in preparing veggies and meat and poultry.

- Steaks should be cooked to 145 F, with a three-minute rest time.

- Ground beef should be cooked to 160 F.

- Poultry should be cooked to 165 F.

- Keep food cold by nesting dishes in bowls of ice, or use small serving bowls and replace them with each helping. Refrigerate or place leftovers in the freezer within two hours.

— Brandpoint

EASY RECIPE

Hashbrown Chili Dip

- 1 carton (4.2 oz.) Hungry Jack Premium or Cheesy Hashbrown Potatoes
- 2 cups shredded cheddar or Monterey Jack cheese (regular or reduced fat)
- 1 package (8 oz.) cream cheese, softened (regular or reduced fat)
- 1 can (14 oz.) chili
- 1 cup frozen or canned corn kernels
- 1 can (10 oz.) Southwest-style diced tomatoes, drained
- 1/4 cup sliced green onions

Heat oven to 400 F. Fill hashbrowns carton to fill line with hot tap water. Let stand 12 minutes. Drain any excess water. Combine hashbrowns and cheese in a bowl and set aside. Spread softened cream cheese on the bottom of a 2-quart or 9-by-9-inch casserole dish. Layer chili, corn, tomatoes and green onion over cream cheese. Spread hashbrown mixture over the top of the casserole; spray top of potatoes generously with cooking spray. Bake until bubbly and golden brown, about 20 minutes. Serve warm with soft tortillas or tortilla chips and hot sauce if desired.

— Brandpoint

NUMBER TO KNOW

95% "Local" — this term means that the food is grown (or raised) and harvested close to where it is sold, with 95 percent of U.S. farms family-owned. Local food often is distributed a much shorter distance and supports local businesses, increasing economic benefits around the community.

— Brandpoint

Saving dough

Homemade pizza in half the time at half the price

Pizza has joined air and water as a necessity of life. Some families even have a pizza night once a week.

Delivery means home cooks get a meal off.

But, as with all food, pizza is getting more expensive. Large pies with extra toppings are approaching \$15 in many shops, higher with delivery. Many of us shop by price, refusing to purchase without a good coupon.

You can cut your pizza bills in half with homemade, but that's vexing for many cooks. The competition with commercial is rigorous, and it's all in the oven. Store pizzas are baked at 500 F in special, narrow ovens that concentrate the heat and blow hot air over the pie, called convection baking. This prevents the dreaded soginess of baking at lower heats. No way can you approximate this in your family GE.

A pizza oven replicates the heat of the wood-fired beehive ovens common in Italy. They nuke the crust without burning the toppings, crucial to good stuff. Still, the best recommendation for homemade is you'll create your favorite pizza every time with no compromises. Homemade is fraught with challenges, but I think I've hit on the right stuff.

So here you go, five steps to perfect pizza:

1. The crust must

Amid the oven problem detailed above, I've quit trying to make my own crust. The solution is pre-baked pizza shells, popularized by Boboli, the baker of Thomas' English Muffins. They cut baking time



JIM HILLIBISH

to 8 minutes and are very close to commercial quality. Cost is about \$1.25 each, usually sold in packs of two.

You'll need a proper pizza pan here. Mine has holes punched all over the bottom. This creates the crunchy, golden crusts my family craves.

2. The sauce boss

Canned pizza sauce tastes, well, canned. Pizza needs a robust sauce, and tomato paste is the most concentrated flavor. One small can is enough for two pizzas. Open both top and bottom. Press one end to eject the entire contents. Remove the second lid. Too easy.

I add a dollop of olive oil and some water or red wine to thin, a dash of sugar to temper the acid, a dash of dehydrated garlic, a dash of basil and a few drips of pepper sauce.

Simmer 10 minutes to meld flavors. So simple.

3. The top toppings

Homemade means custom pies. I've already created separate pepperoni, sausage and vegetable slices on one crust, perfect for families of disparate preferences. No more

having to buy four different smalls to satisfy everybody. I must have pickled Italian pepper rings.

4. The miracle of creation

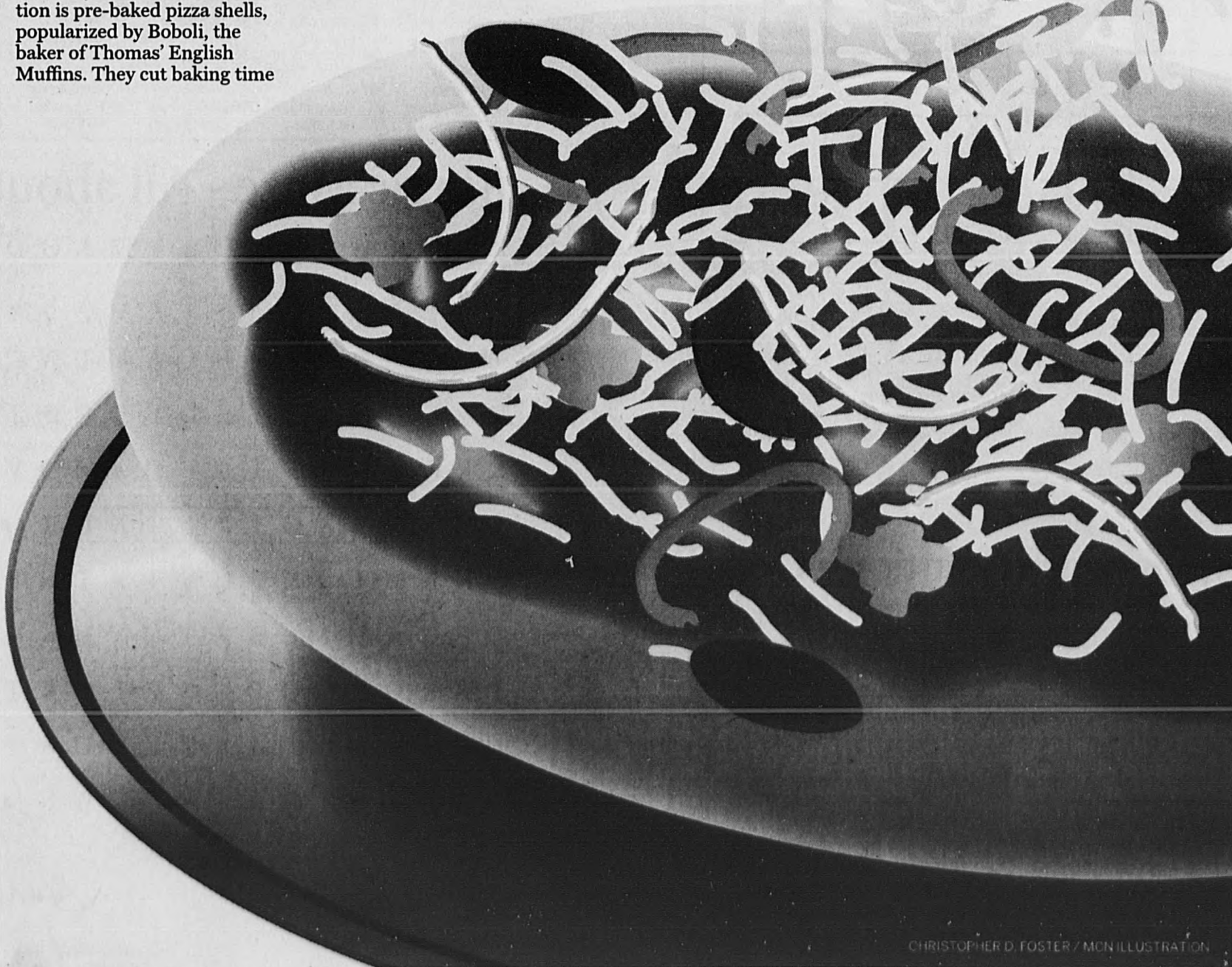
Place your crust shell on a lightly oiled pizza pan. Smear on the sauce, just enough to coat. I add vegetables, then the meat and finally the cheese, a combination of shredded mozzarella and provolone. The provolone is more difficult to melt, tempering somewhat that stringy cheese experience of the mozzarella.

Some eaters like the meat on top of the cheese, especially pepperoni. Note you'll need to skillet fry raw meat before baking, but not pepperoni.

5. Beating the heating

Using a pre-baked crust shortens baking time to less than 10 minutes. I find 8 minutes at 425 F works best in my oven. I turn on the convection blower at 4 minutes to go. It's handy but not a necessity. I look for slightly browned cheese, my family's favorite.

Jim Hillibish is a columnist at The Repository in Canton, Ohio. Reach him at jim.hillibish@cantonrep.com.



CHRISTOPHER D. FOSTER / MCN ILLUSTRATION

Thickness is key for delicious Chicken Saltimbocca

The most important step in making Chicken Saltimbocca is pounding the chicken breasts until quarter-inch thick to ensure that they cook evenly and to create a larger area for the crispy breading. Place the chicken breasts between two sheets of wax paper and pound with a meat mallet. Serve with a side of vermicelli or linguine pasta.

Chicken Saltimbocca

Serves 4.

- 4 (6-ounce) boneless, skinless chicken breasts
- 1/2 t salt
- Freshly ground black pepper
- 8 large fresh sage leaves, chopped
- 4 paper-thin slices prosciutto
- 1/2 cup grated Romano cheese
- 2/3 cup all-purpose flour
- 2 eggs



WIKIMEDIA COMMONS

- 1/4 cup vegetable oil
 - Fresh thyme sprigs
 - 2 lemons, cut into halves
- Preheat oven to 375 F. Pound chicken breasts to 1/4-inch thickness with a

meat mallet. Sprinkle each piece with salt and pepper. Top each with sage and cover with prosciutto. Press prosciutto so it will stick to the chicken.

Whisk cheese and flour together in a small bowl and set aside. Beat eggs in a small shallow dish.

Heat olive oil in a large ovenproof or cast-iron skillet until hot. Add fresh thyme, if using.

Dredge chicken cutlets in cheese mixture to com-

pletely coat. Dip into beaten eggs.

Dredge again in cheese mixture. Place in hot pan. Saute until golden brown on both sides, about 2 minutes per side.

Place pan in oven and bake 10 to 15 minutes. Serve with lemon halves.

Per serving: 460 calories, 24 g fat, 185 mg cholesterol, 41 g protein, 23 g carbohydrates, 3 g fiber, 920 mg sodium. — *Relish*

PUZZLES

Horoscope

SALOME'S STARS FOR RELEASE WEEK OF FEB. 10, 2014

ARIES (March 21 to April 19) Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.

TAURUS (April 20 to May 20) You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.

GEMINI (May 21 to June 20) It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.

CANCER (June 21 to July 22) If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.

LEO (July 23 to August 22) A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportunity that seems to hold so much potential.

VIRGO (August 23 to September 22) Pay attention to those nagging doubts. They could be warning you not to make any major decisions until you've checked them out — especially where money matters might be involved.

LIBRA (September 23 to October 22) A business venture might need more of your attention than you are

able to provide. Consider asking a trusted friend or family member to help you work through this time crunch.

SCORPIO (October 23 to November 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.

SAGITTARIUS (November 22 to December 21) A very close friend (you know who that is!) has advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.

CAPRICORN (December 22 to January 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.

AQUARIUS (January 20 to February 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the situation. You have more important things to do.

PISCES (February 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the weekend.

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BORN THIS WEEK: Your spiritual strength often acts as an inspiration to help others make decisions about their lives.

Sudoku

	4		6				9	
6				7				5
9		1			5	3		
		2			7	1		4
8				2				6
	5	4	1				2	
2			3				4	
	9			1	6	2		
		3		8				9

Level: Hoo Boy!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Solution - Ooh, Baby!

S	O	R	E		N	P	R		G	L	O	A	T		U	N	I	T	E	S				
U	T	E	S		A	P	E	N	N	I	N	E	S		O	A	R	I	N	G				
I	N	N	O		B	A	Y	O	U	N	O	W	P	A	Y	L	A	T	E	R				
S	I	G	H	E	R		A	B	R	A				P	R	E	S	A	G	E				
S	P	I	T	C	U	R	L	E	W		O	M	E	G	A									
A	I	L			A	B	E	S			S	O	A	R		E	L	D	E	S	T			
C	R	A	M	P	U	P			P	O	O	H	P	O	O	H	D	E	C	K	S			
U	S	S	R		U	S	S	R		U	S	P	S			H	I	L	L	A	R	Y		
K	I	E	V		U	N	H	E	X		R	D	S				S	L	I	M				
I	N	D	O	O	R	S	O	C	K	E	R	O	O			A	R	I	E					
D	U	E			F	R	U	T	I		E	L	O	I	S	E		O	N	E				
					P	L	U	G			C	O	L	D	H	A	R	D	C	A	S	H	E	W
S	O	M	A				T	A	B		E	T	U	D	E			O	S	L	O			
T	R	A	N	C	E	S					E	R	I	O			T	S	A	R				
M	E	T	O	O	P	R	O	D	U	C	T	S				T	R	I	P	L	E	X		
E	A	S	T	L	A					A	T	R	A			C	O	E	N		A	S	A	
					R	E	M	I	T		S	K	I	D	D	O				O	R	O	W	
S	A	V	I	N	G	S					S	E	L	L		R	I							
P	I	C	K	E	D	U	P	T	H	E	T	A	B	O										
A	L	C	O	V	E						I	N	C	O	S	T	U	M	E		R	I	M	E
M	I	D	L	E	R					Z	A	I	R	E		P	E	R			B	L	A	B

Crossword - Ooh, Baby!

1	2	3	4	5	6		7	8	9	10	11		12	13	14		15	16	17	18	
19							20					21					22				
23						24											25				
26										27					28	29					
					30		31	32	33		34			35							
36	37	38	39	40			41			42			43					44			
45						46				47	48		49				50				
51									52				53								
54						55	56	57		58			59				60	61	62	63	
		64			65	66		67		68						69	70				
71	72				73		74					75						76			
77				78						79					80		81				
82							83					84		85			86		87	88	
					89	90	91			92		93		94	95	96					
97	98	99							100				101	102							
103					104			105			106					107					
108			109						110	111		112			113						
114							115			116				117			118	119	120	121	122
123						124	125					126	127	128							
129						130										131					
132						133				134						135					

ACROSS	52 "ER" actor La Salle	100 Say "It's so foolish to play cards?"	2 Skater Kulik	38 Cattle rush	88 Hit PC game
1 Singer Bette	53 Russia's Alexis I, e.g.	103 Trouble	3 Ovid's 705	39 Like most music	90 "The final frontier"
7 Old name for the Congo	54 Body of a cell	104 Lincoln and Beame	4 Norse trickster god	40 Site: Abbr.	91 Like outlying districts
12 Miles — gallon	55 Actor Hunter	106 Fly like a vulture	5 Parallel (with)	42 Having lots of land	93 "Scram!"
15 Spill the secret	58 Chopin challenge	107 Like a firstborn child	6 Merlot, say	46 U leaders?	95 "Amen, bro!"
19 Room recess	60 Port in Norway	108 Wading bird	7 Nada	47 10% giver	96 "Bad" cholesterol, briefly
20 Dressed for Halloween	64 Stopper	109 Wading bird	8 Pantry crawler	48 Filthy and misery	97 — Clay (Muhammad Ali, once)
22 "The — of the Ancient Mariner"	67 Refrigerated nut that can chip a tooth?	110 Wading bird	9 Freud's "I"	50 Big-leaguers	98 Lambaste
23 Acquired a forbidden thing?	71 Rightful	111 Wading bird	10 Richard and Jane in court	56 Follow, as an impulse	99 One who straightens
25 French clergyman	73 "Tutti —"	112 Last Greek vowel	11 Actor Will	57 Bungle	101 Grier of film
26 S&L part	75 The "E" of S.E. Hinton	113 Last Greek vowel	12 Part of PBS	59 "The Mystery of Edwin —"	102 Refined find
27 Peddle	76 Wedded	114 Audible breather	13 Subgenre of punk rock	61 Sneaker securer	105 Assassin
28 Waterways	77 Smash hit that's not performed outside?	115 Start of a magician's cry	14 Arranges differently	62 Deighton of fiction writing	109 Just one of — things
30 Send in, as a check	80 Grammy winner	116 Sign of the future	15 "Great job!"	63 Pile up debt	110 Black, to Poe
34 Bolt out of a seating tier?	82 Ukraine's capital	117 "Vacation on this marshy inlet on credit?"	16 Progressive	65 Sci-fi saucer	111 Twisted forcibly
36 City in SW California	83 Remove a curse from	118 "None of your —!"	17 "The Devil's Dictionary" author	66 Cur's noise	113 A student's pride: Abbr.
41 Gillette razor brand	84 Streets: Abbr.	119 Former Navajo foes	18 "None of your —!"	68 "This way" Bars org.	114 Blue dye
43 Joel or Ethan of film	86 Trim down	120 Italian range	21 Verbalize	70 — Lingus	115 Hindu dress
44 Silly — goose	89 Gorbachev's empire	121 Propelling a boat manually	22 Put to work	71 Browne who created Hägar	116 On the job
45 Knockoff merchandise items?	92 American mail org.	122 Blister, e.g.	23 Ancient Aegean land	72 Quadr- minus three	117 Actor Wilder
49 Three-screen cinema	94 Secretary of State Clinton	123 "Weekend Edition" ailer	24 Verbalize	74 One taking something forcibly	118 Smartphone work units
51 Hypnotized states	97 Start spasming, as a muscle	124 Rub it in	25 CPR givers, sometimes	75 Egg, to Ovid	119 Old Montreal ball club
		125 Fuses	26 Prefix with	76 Stranded on land in the sea	120 "Bed-in" stager Yoko
			27 "— 'nuff!"	77 Riles	121 "Aren't — pair?"
					122 Seattle hrs.

Magic Maze - All about me: Self-

K Q N K H D A X U R P M J G D
A X V S W T Q N K I F D A X V
T Q O I B M J H F C A Y T W U
R P L U N L J Y H D F D P B Z
X L O A M E E T S E D A M D V
T D T D I S C I P L I N E R Q
O H R M I N K P H Y I R T H F
D E G A M I E B Z T U Y N W V
T R R U G Q O D N S R L O K I
H P F D A E C A S Z X O C W V
U S R R E T R A T S Q O W N M

Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

Assured
Contempt
Denial
Discipline

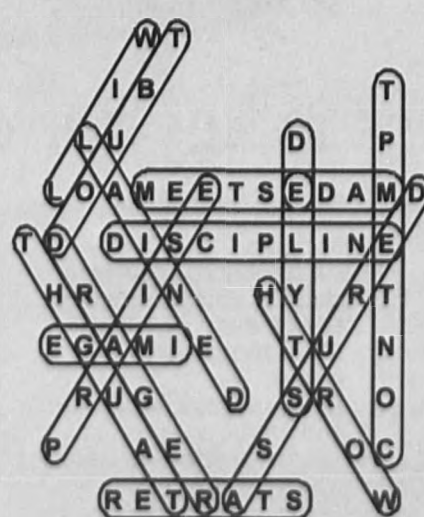
Doubt
Esteem
Image
Made

Praise
Regard
Starter
Styled

Taught
Will
Worth

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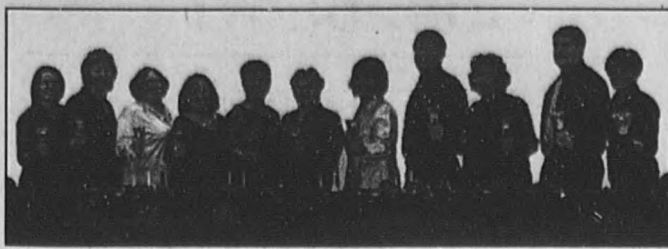
Magic Solution
All about me: Self-



Sudoku Solution

5	4	7	6	3	1	8	9	2
6	3	8	9	7	2	4	1	5
9	2	1	8	4	5	3	6	7
3	6	2	5	9	7	1	8	4
8	1	9	4	2	3	5	7	6
7	5	4	1	6	8	9	2	3
2	8	6	3	5	9	7	4	1
4	9	5	7	1	6	2	3	8
1	7	3	2	8	4	6	5	9

CALENDAR

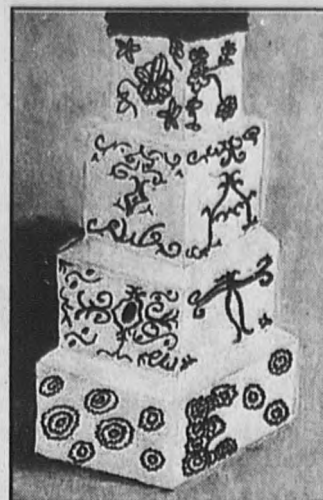


Handbell concert with Celestial Ringers

WHEN: 3 p.m. Saturday, Feb. 1.
WHERE: Laura's Center for the Arts, 97 Mill Street, Hanover.
INFO: Christmas "Rings" in the Heart! Handbell Concert with Celestial Ringers of the United Church of Christ, Norwell. Performance rescheduled from December due to bad weather. Free and open to the public. Seating is on a first come, first served basis.

SAA hosts Scituate High School student art exhibit

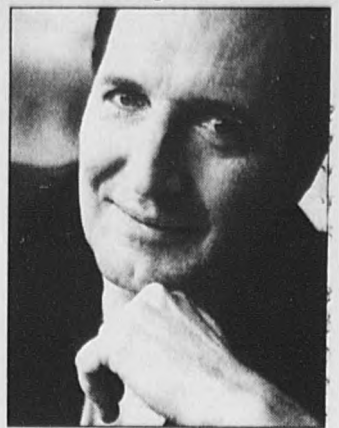
WHEN: on exhibit from Feb. 6 to March 2.
WHERE: The Front Street Art Gallery, 124 Front St., Scituate.
INFO: Scituate Arts Association hosts the exhibit. First Friday reception Feb. 7 from 6 to 8:30 p.m. as well as a reception for the students, families and friends on Sunday, Feb. 9 from 2 to 5 p.m. The public is invited to both receptions.



"Cake" by Kate Conley

An Evening in Vienna with Austrian baritone Georg Lehner and pianist Victor Rosenbaum

WHEN: 7:30 p.m. Friday, Feb. 7.
WHERE: James Library & Center for the Arts, 24 West St., Norwell.
INFO: Tickets are \$25 for adults, \$22 for seniors and \$10 for students. A complimentary reception featuring Viennese-style pastries and coffee follows the concert. Advance tickets are available at a discount at www.jameslibrary.org or by calling 781-659-7100.



Georg Lehner

SATURDAY, FEB. 1

The Drowned Hogs will storm Nantasket Beach with their annual mad dash into the Atlantic at 11 a.m. to benefit Wellspring Multi-Service Center. Information and pledge sheets are available at www.drownedhogs.org or www.wellspringhull.org. Registration fee is \$10, and includes the 2014 Tie-Dyed Drowned Hog T-Shirt.

Family Arts Festival hosted by South Shore Conservatory from 10 to 11:30 a.m. at their Hingham campus, One Conservatory Drive, and 1:30 to 3 p.m. at their Duxbury campus, Ellison Center for the Arts, 64 St. George St. Open to the public, this event welcomes area families to spend time together exploring music, theater and dance. www.sscmusic.org.

Duxbury Senior Center Genealogy Club will present genealogist Michael Brophy with a discussion on how to access and use electronic databases from 9:30 to 11 a.m., at the Duxbury Senior Center, 10 Mayflower St., Duxbury. Free and open to the public. RSVP to DSC at 781-934-5774 as seating is limited.

Christmas "Rings" in the Heart! Handbell Concert with Celestial Ringers of the United Church of Christ, Norwell perform at Laura's Center for the Arts, 97 Mill Street, Hanover, at 3 p.m. Performance rescheduled from December due to bad weather. Free and open to the public. Seating is on a first come, first served basis.

Meet Norbert, Julie and Virginia, at Buttonwood Books and Toys, 747 CJC Hwy. (Rte. 3A), Cohasset from 2 to 4 p.m. Norbert is a 3 pound, certified Pet Partners Therapy dog and the inspiration for a new children's book, "Norbert: What Can Little Me Do?" a story about a little dog who learns to believe in himself. Julie and Virginia Freyermuth are the mother-daughter creative team who wrote and illustrated the book. 781-383-2665

South Shore Folk Music Club will host a concert with Mark Erelli beginning at 8 p.m., at the Beal House of the Kingston, MA Unitarian Church, 222 Main St., Kingston. Doors open at 7:30 p.m. Members \$18, non-members \$20. Advance tickets are available from www.brownpapertickets.com/event/484567. Information at www.ssfmc.org

An Evening with Pauline Wells and the Irish Country Band, Devri, at The River Club, 78 Border St., Scituate. 8 p.m. Tickets \$25 per person. Purchase tickets online at www.scituatechamber.org or www.paulinewells.com. Proceeds benefit 2014 St. Patrick's Parade on the Irish Riviera. www.weloveaparade.com

Hingham Cabaret, Hingham Armory, 96 Central St., Hingham. This year's theme is "52 Weeks of Fun" Tickets are available at the Community Center weekdays from 9 a.m. to 4 p.m. and evening from 7 to 8:30 p.m. The Friday and Saturday night show begins at 8 p.m. and all tickets prices are \$25. Shuttle from the Hingham Savings lot behind 55 Main St., up Central Street to the Armory, up to the Town Hall and back down Main Street will run one hour before the show and again at the conclusion of the show.

Winter Shorts Play Festival, presented by Company Theatre featuring original 10-minute short plays submitted from the New England playwright community. Two performances will be held at 4 and 7:30 p.m., at The Company Theatre Centre for the Arts, 30 Accord Park Drive, Norwell. Tickets are \$20 for adults, \$15 for students, and are available online at www.companytheatre.com or by calling the box office at 781-871-2787.

Atlantic Symphony Orchestra Masterworks Gala Viennese Masters Beethoven Symphony No. 4; Brahms Piano Concerto No. 1 featuring Hung-Kuan Chen, piano at New England Conservatory's Jordan Hall, 30 Gainsborough St., Boston. 7:30 p.m. Shuttlebus available. For details or to purchase your tickets, transportation and/or supper, visit atlanticsymphony.org or call 781.331.3600

Irish Seisun at Lucoso's Pub at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

Comedy Night with Chance Langton and Chrissy Kelleher at Turners Yard, 615 Washington St., Pembroke. 9 p.m. Tickets \$18 at <http://www.eventbrite.com/e/comedy-night-at-turners-yard-tickets-10261774243?aff=eorg> 781-826-2532.

Jackson Wetherbee at The Tavern, 1 Proprietors Green Marshfield. 781-837-0000.

Blind Ambition at Ming Dynasty, Route 139, Marshfield. 781-834-6691.

Corvais at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

PI Alley at Venus III, 252 Main St, Hanson, 781-293-0000.

Splash at Great Chow, Bedford St., Route 18, Abington.

DJ Skip at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

SUNDAY, FEB. 2

All-you-can eat buffet breakfast from 8 to 11:30 a.m. at Corner Stone Lodge, 585 Washington St., Duxbury, first Sunday of each month. The menu includes scrambled eggs, home fries, bacon, sausage, toast, English muffins, baked beans, French toast, juice and coffee. Pancakes will be cooked to order. Price is \$7 per adult, \$6 per senior, \$5 per child age 12 and under. If possible, take can tabs to donate for Shriners hospitals. This is open to the public.

Celebrate Groundhog Day, and learn all about the groundhog and what "hibernation" is. Drop in from 11 a.m. to 4 p.m. at South Shore Natural Science Center, 48 Jacobs Lane, Norwell. Free with admission. www.southshorenaturalsciencecenter.org or 781-659-2559

Hank Phillippi Ryan will visit Duxbury Free Library, 77 Alden St., Duxbury, at 2 p.m. The investigative reporter for 7News in Boston and award-winning mystery author will discuss her new novel, "The Wrong Girl." Free tickets can be reserved on www.duxburyfreelibrary.org (Click on Events and scroll through the calendar). Or, you can call the library at 781-934-2721, ext. 108, or Westwinds Bookshop at 781-934-2128.

St. Brigid's Day Celebration from 2 to 5 p.m. at the Aisling Gallery, hosted by Cumann na Gaeilge in Boston. Featuring a discussion of the history of St. Brigid by Dorothy Africa, and music by Moira Kelly and Ramona Connelly, 229 Lincoln St. (Rte. 3A), Hingham. Free and open to the public. Call 781-749-0555 for weather related updates. visit www.CnaG-Boston.com.

Traditional Irish Session with Skip Toomey every Sunday from 11 a.m. to 2 p.m. at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. thetinkerson.com, 781-561-7361.

Open mike with Bill Downes at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. thetinkerson.com, 781-561-7361.

Country Night at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

MONDAY, FEB. 3

New Beginnings Singles Support Group. Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit <http://nbnorwell.org> / email at info@nbnorwell.org or call 781-499-2659. Meetings at 391 Washington St., Hanover. NB is not a dating service. NB is a singles support organization dedicated to healing, growing and learning.

Country Line Dancing every Monday night 7 p.m. at Venus II, Brant Rock, Marshfield.

Abington photographer Rita Dennehy will be displaying her works as part of the Art in the Rotunda series at Rockland Memorial Library, Belmont St., Rockland through Feb. 22. The gallery is open during regular library hours: Monday, Tuesday and Wednesday from 9:30 a.m. to 8 p.m.; and Thursday, Friday and Saturday from 9:30 a.m. to 5 p.m.

Italian-American Cultural Organization of the South Shore monthly meeting at Grove Manor, Braintree, at 7 p.m. The guest speaker will be Daniel Perruzzi who will present The Architecture of the Italian Renaissance. Daniel will discuss the beginnings of the Italian Renaissance, its importance to architecture and its importance to the western culture. He will review works of Alberti, Brunelleschi, Bramante, Michelangelo and Borromini. Refreshments will be served. General public and visitors are always welcome. Dominic Candelieri, 617-842-4222 or dcandelieri@verizon.net.

Johnny Chebator, 9 p.m. every Monday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Texas Hold'em with the Northern Poker League at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022. Free.

Karaoke with Jeff Baker at 9 p.m. at Sam Diego's, 51 Main St., Plymouth, 508-747-0048.

TUESDAY, FEB. 4

Tranquility Art Exhibit to benefit the Cancer Support Community of MA South Shore featuring pastel, watercolor, and impressionist paintings that represent nature and serenity. Marshfield artists Betty Rogers and Donna

HOW TO SUBMIT

Planning an event? Send your event information by email to scalendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

Rossetti-Bailey and Duxbury artists Susan Benoit and Gayle Loik have teamed up for a very special art exhibit that is open to those affected by cancer and those interested in local art at 120 Longwater Drive, Suite 104, Assinippi Park in Norwell MA through March 31 from view the paintings Monday through Friday from 9 to 5 p.m. www.cancersupportcommunityma.org or 781-610-1490.

The Ventress Library Cultural Series will present a Tuesday night lecture titled "A Grandmother's Essays on Education," from 6 to 7:30 p.m. by former Marshfield resident, Marguerite Morris Willis. The talk will focus on education trends and values; how they have changed and how they have stayed the same over the years. Copies of the book will be available for purchase and signing. Free and open to the public. No tickets or registration is required. 781-834-5535 or www.ventresslibrary.org

Irish Sessions at Turners Yard, 615 Washington St., Pembroke. 7 to 10 p.m. 781-826-2532.

Jazz at Martini's, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit www.martinisplymouth.com for information.

Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

WEDNESDAY, FEB. 5

The Rockland Country Garden Club will hold their evening program Soapmaking Etc for Gardeners. The featured speaker, Ginny Anderson, is a club member with a longtime interest in pressed and dried herbs and flowers. She will share her experiences in soap making, creating potpourri, and other projects of interest to a gardener. Meetings are held in the lower level of the Rockland Memorial Library, 20 Belmont St (next to the Fire Station). Doors open at 6:30 p.m. for social time, refreshments and a brief business meeting. The program starts at 7 p.m. and allows for question and answer time. 781-837-1433. All are welcome.

Financial Freedom & Balancing your Budget Discussion, from 7 to 9 p.m. Scott Sullivan from Money Matters will be discussing practical budget and finance matters. The event is hosted by Pilgrim Congregational Church, 24 Athens St., North Weymouth. www.pilgrimchurchweymouth.org or call 781-337-2075.

Water Watch Lecture Series every Wednesday. Tonight: How Green is Your Grocer with Peter Cooke, Manomet Center for conservation Sciences. 7 p.m. at South Shore Natural Science Center, 49 Jacobs Lane, Norwell. Free and open to the public. www.nsrwa.org

Xanadu, pop/rock roller skating adventure musical presented by the Company Theatre Feb. 5 through 9, at The Company Theatre Centre for the Arts, 30 Accord Park Drive, Norwell. Tickets are \$34 to \$36. For a complete performance schedule, call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com Matinee and evening performances are available.

Aldous Collins Band at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit www.britishbeer.com.

THURSDAY, FEB. 6

Paint Party - paint the Hoot Owl Painting with Heather Martin owner of The Pour Artist. from 7 to 9 p.m. at Marshfield Branch, YWCA Cambridge, 76 Ferry Hill Road, Marshfield. Open to all ages. Guests are welcome to bring their own beverages and snacks. Reserve a seat first by emailing heather@thepourartist.com. Cost is \$40. This is a fundraiser for Summer 2014 Camp scholarships at the Marshfield Branch, YWCA Cambridge.

Xanadu, pop/rock roller skating adventure musical presented by the Company Theatre Feb. 5 through 9, at The Company Theatre Centre for the Arts, 30 Accord Park Drive, Norwell. Tickets for Xanadu are \$34 to \$36. For a complete performance schedule, call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com

Irish Music and more, the Lucky Seven's open seisiun at the Kingsbury Club Pub, 186 Summer St., Kingston, 7 to 10 p.m. every Thursday. All welcome. 781-585-1042.

Blues Invitational Anthony Geraci with Mike Welch at Turners Yard, 615 Washington St., Pembroke. 8:30 to 11:30 p.m. 781-826-2532.

Lisa Marie with Willie J Laws Band at 8 p.m. Open mike at 9 p.m. Free pizza at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

FRIDAY, FEB. 7

Xanadu, pop/rock roller skating adventure musical presented by the Company Theatre Feb. 5 through 9, at The Company Theatre Centre for the Arts, 30 Accord Park Drive, Norwell. Tickets are \$34 to \$36. For a complete performance schedule, call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com Matinee and evening performances are available.

Ellis Paul at The River Club Music Hall, 78 Border St., Scituate at 8 p.m. Sam Chase to open. For ticket info call 339-236-6786 or visit www.theriverclubmusichall.com.

An Evening in Vienna with Austrian baritone Georg Lehner and pianist Victor Rosenbaum at the James Library & Center for the Arts, 24 West St., Norwell. 7:30 p.m. Tickets are \$25 for adults, \$22 for seniors and \$10 for students. A complimentary reception featuring Viennese-style pastries and coffee follows the concert. Advance tickets are available at a discount at www.jameslibrary.org or by calling 781-659-7100.

First Friday at Artisans in the Square, 63 South Street, Hingham from 5 to 8 p.m. Paula Keif, of Green Koala, will be the artisan for February. Paula's natural soap, paraben-free lotion and pure soy candles are made from the finest ingredients in a manner that does not harm your family, your pets or the environment. Stop in for some refreshments and fun. 781-749-2590 or www.artisansinthesquare.com

BRIEFS - A Festival of 10-Minute Plays presented by Cohasset Dramatic Club tonight and Saturday, Feb. 8 at 7:30 p.m. at the Cohasset Town Hall Theatre. Directors and actors from Boston and the South Shore are featured, as well as original works from playwrights throughout the U.S. A \$15 ticket for the evening will include cabaret-style seating, sweet and savory snacks, beverages, and seven 10-minute plays with one intermission. Tickets are \$15 and can be purchased at the door, by calling 617-922-0280, or online at www.brownpapertickets.com/event/557410.

Brewster Productions is presenting the Big Freeze Winter Concert Series, free concerts showcasing local artists, at the New World Tavern, 56 Main St., Plymouth, at 9 p.m. the first Friday of each month through April. Shows begin at 9 p.m. and are free. Feb. 7 features the Steve Smith Band and Eva Walsh Band. More information is available at www.brewsterproductions.com or facebook.com/brewsterproductions.

Annual Scituate High School student art exhibit hosted by Scituate Arts Association at The Front Street Art Gallery, 124 Front St., Scituate from Feb. 6 to March 2. There will be a First Friday reception from 6 to 8:30 p.m. as well as a reception for the students, families and friends on Sunday, Feb. 9 from 2 to 5 p.m. The public is invited to both receptions.

Eric Simon at Turners Yard, 615 Washington St., Pembroke. 9 p.m. 781-826-2532.

Blind Ambition at Hajjar's, 969 Washington St., Weymouth, 781-340-1870. www.hajjars.net

The Shine Band at Quans Kitchen, Washington St., Route 53, Hanover from 9 p.m. to 12:30 a.m. No cover charge!

Hot Mess at Venus III, 252 Main St, Hanson, 781-293-0000.

Juke Point 5 at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

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